

# THE GAME

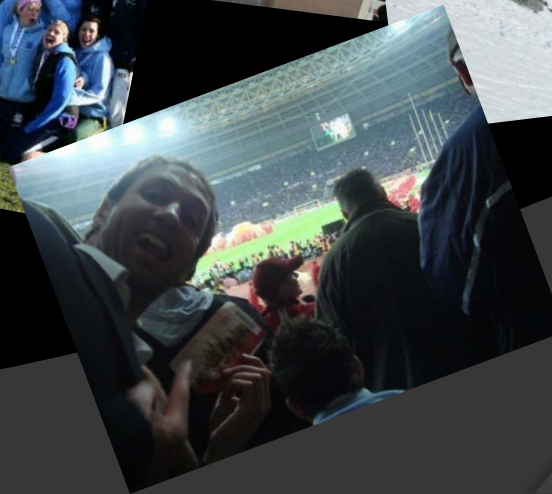
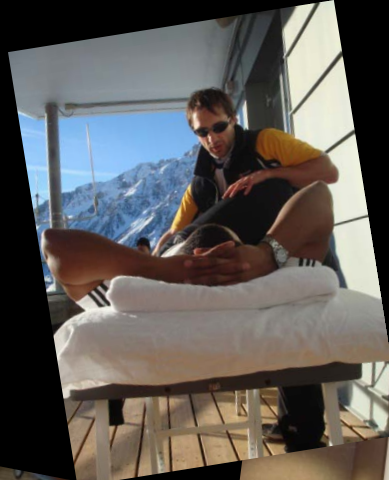


**Oliver Finlay**

MCSP, SRP, MSc (Sports Physiotherapy), MSc Exercise Physiology,  
BSc (Hons) Physiotherapy, ACPSM (Gold), AACCP, SMA

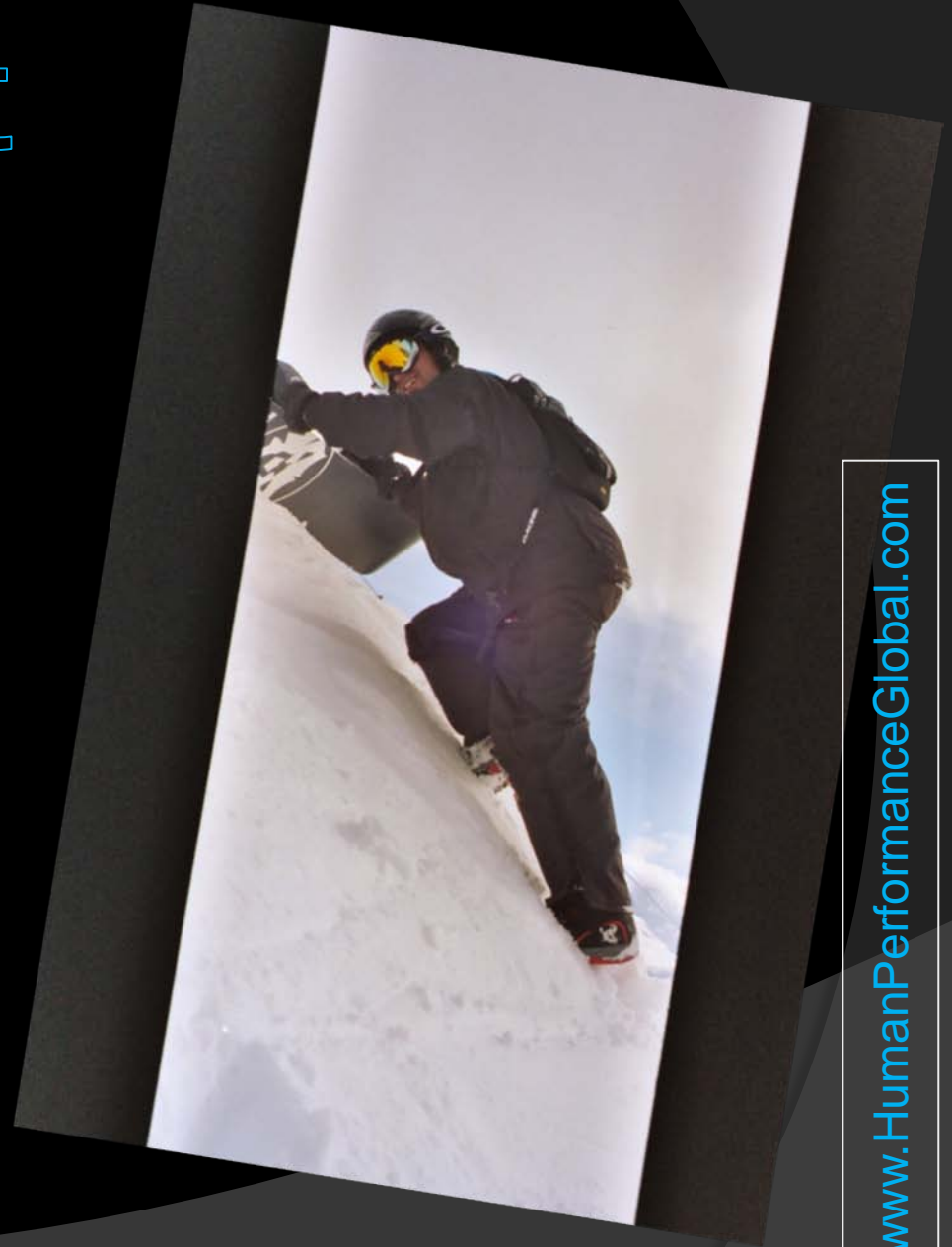
# Background

- **Physiotherapist**
- **Sports Scientist**
- **Athlete**
- **Coach**
- **Sports Fan**



# Starting Out

- NHS – clinical reasoning
- Hearts FC – introduction to pro sport
- Cowdenbeath FC – first opportunity to influence a team



# Moving On...

- **NHS – rheumatology, out-patients**
- **Sheffield Wednesday FC – Academy football, more scientific approach to sports medicine**
- **MSc in Sports Physio – nutrition, S & C, rehabilitation science, pro facilities**

# ...& Over



- Whistler – winter sports, different perspectives of service provision
- Clinical Visits – Seattle Seahawks
- Opportunities

# ...& Back!

- **Football Association**
  - **Education**, research & work with teams
  - **Interest in exercise physiology**

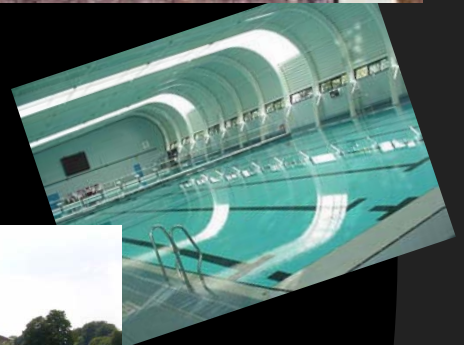


# Back to School!

- Loughborough University – MSc in Exercise Physiology



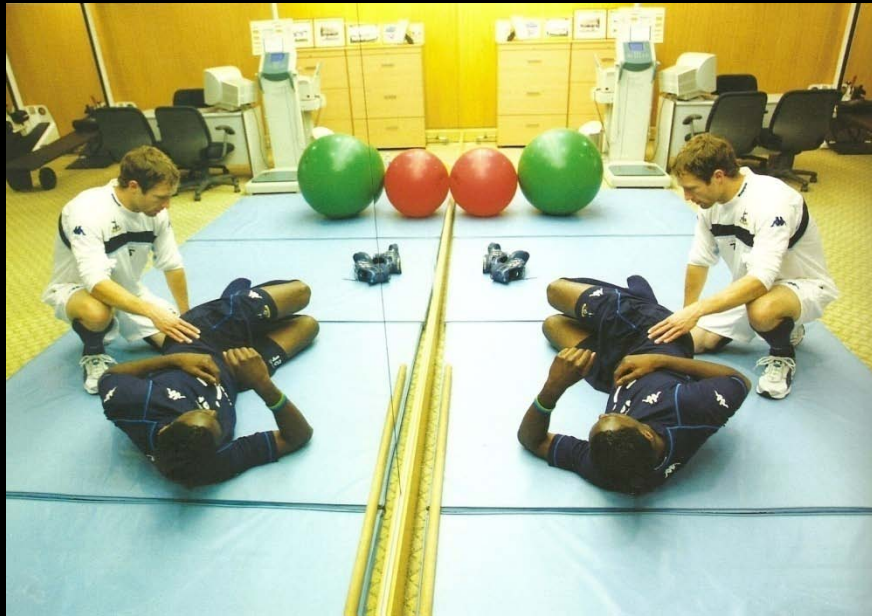
- Consultancy – Paul Gascoigne, BUSA



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# & Back to Work!

- Tottenham Hotspur FC – professional approach, chance to test new ideas, supportive manager





# A Challenge!

- **Hearts FC - faced with the same faces but tasked with a big challenge for change**
- **“We want a department worthy of a Champions League Club”**
- **Changing mindsets, changing faces but keeping stability amongst chaos**

# The Good...

- Physiotherapists, sports medics, osteopath, masseurs, sports nutritionist, podiatrist, sports scientists, yoga instructor, Pilates instructor, podiatrist, dentist, sports psychologist, sports vision, S & C

The dead-ball expert became a key player in his four-and-a-half years at the Somerset club, making 227 appearances and scoring 28 times.

The 24-year-old, who was tracked by Hearts head coach Rix for months, revealed he is now in dreamland after making the journey from the English Conference to the verge of the Champions League in just four seasons.

Johnson said: "I didn't realise how big this club was. I was speaking to the manager and I said to him there is nothing Arsenal have got that Hearts have not."

**Yoga**

"This is the perfect place to kick your career on and improve myself as a player.

"I'm being serious, the facilities are unbelievable, right down to the yoga teacher, the nutritionists, the psychologists, the outdoor facilities and pitches - it's top notch.

"I don't know if Arsenal had a yoga teacher when I was there as a youngster.

"I was aware of Hearts' start to the season. Everyone knew about the revolution and everyone was saying what a great club it would be to join.

"Four months later I find myself here and I am delighted.

"I can see why Hearts are challenging the Old Firm. There is the belief that they can take on the Old Firm and Vladimir Romanov has come in and raised the profile of the club.

"It would be Roy of the Rovers stuff for me if Hearts reached the Champions League just a few seasons after I was playing in the Conference. But I've always had the confidence that I could do it.

"Anything that comes to me in terms of European football is going to be a new experience."

While at Yeovil Johnson got rather used to picking up silverware. He won the Conference and Division Two as well as the FA Trophy.

And he has set his sights on

## Johnson just knocked out by the facilities at his new club

By Anthony Haggerty  
a.haggerty@dailyrecord.co.uk

picking up a third league title in four seasons.

Johnson said: "At Yeovil my dad put together a team of lads who were all released by top clubs and we were far too good for that level to be honest.

"We won the Conference and then won the FA trophy. We finished eighth in League Two in our first season and then we won it the next year.

"I've come here as I believe Hearts can win cups and leagues and I want to continue that winning run I've been on in the last few years. I've played in front

some big crowds and I know that the SPL is a different level to the lower leagues in Scotland.

"If I play against the likes of the Old Firm then it is going to be a different story but I'm a footballer and that's what you live for.

"I'm not going to get frightened by the situation. I'm going to get a buzz off it.

"I've just found out my dad was mentioned as a candidate for the manager's job at Hearts but he was linked with quite a few jobs when he left Yeovil.

"But he did encourage me to come up to Scotland and better myself as a player. He said that joining Hearts would be a great career move for me."

Johnson, who qualifies to play for Scotland through his mother, was once sent off for using insulting sign language. He said: "I was playing against Swansea who Yeovil had turned down a £100,000 bid for me.

"The ball hit one of their players on the forearm and I gestured it did but the referee showed me a straight red card for using insulting sign language.

"I got a one-match ban. It was frustrating but I can laugh about it all now. I guess it was fate I didn't join Swansea and ended up here at Hearts."

**FIRST BOSS:** Johnson played under Rioch

# ...the Bad...

- **Politics**
- **Egos**
- **Controversy**
- **Agendas**
- **Conflicts of culture**



# ...& the Ugly!

- **The Law**
- **The Owner**
- **& my Decisions**

# Getting Back on the Bike



- **GB Canoe Slalom – Olympic medallists, motivated athletes, new performance issues, performance analysis, progressive coaching**

# Another Success

- **Jamie Murray** – education, education, education!
- **Rapid results on a restricted schedule**



# Closer to Home

- Edinburgh Rugby & Scottish Rugby
- A proactive Physio department & good interaction with some members of S&C



# On ice...

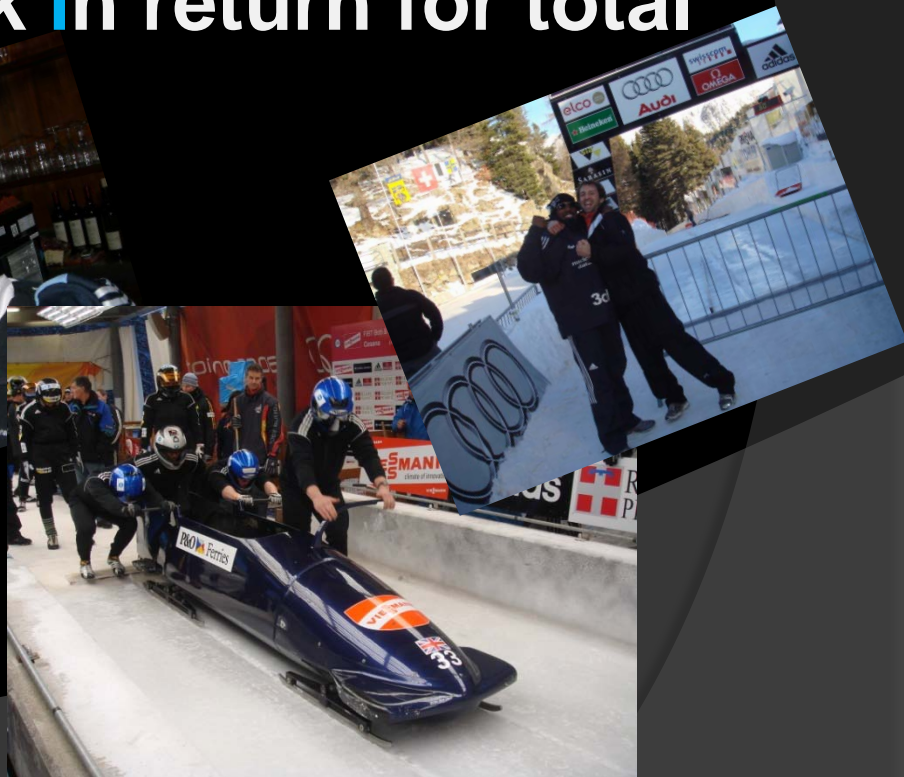
- World Winter Universiade, Torino, 2007
- Short track speed & figure skating





# Cool Runnings Around Europe!

- GB Bobsleigh Team
- Different individual & team dynamics
- Education & hard work in return for total gratitude



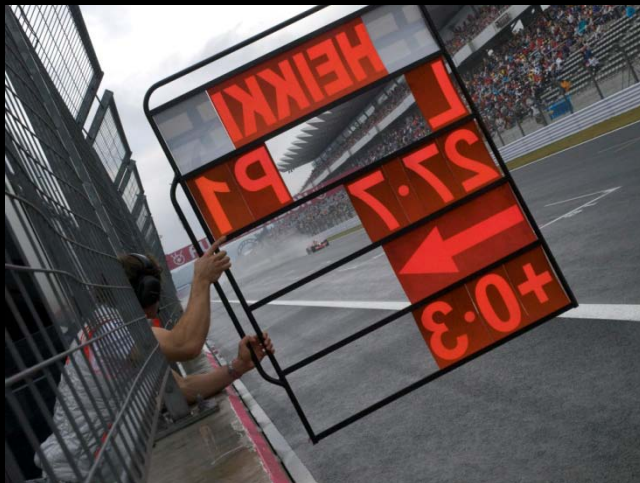
# Renewing Old Relationships

- Scottish Touch Rugby
- European Championship Tournament
- Complete mix of athletic abilities



# Life in the Fast Lane

- Vodafone McLaren Mercedes
- Driver Trainer & Physio (& Pit Board Man!)
- Dealing with more new challenges



# Back Home, Taking Care of Business!



- On-line education website for professionals working in human performance
- Designing products for the rehabilitation & sports performance fields

# ...& Working in the Schools of Hard Knocks Stateside

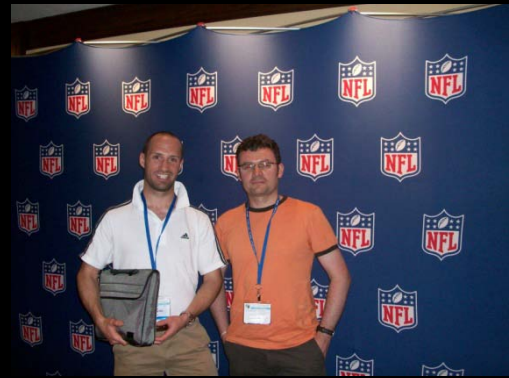


# Running All Over the World!

- Purity of athletics
- Politics, relationships & team dynamics



# Busman's Holidays!



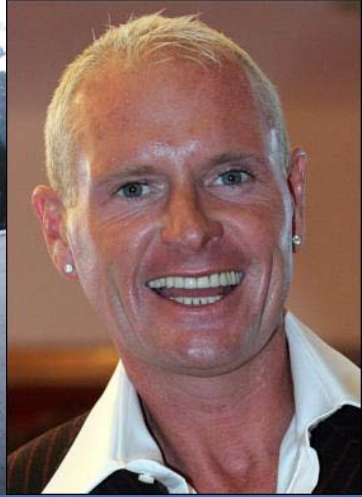
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# Advice?

- Be passionate & work hard
- Be open-minded
- Be tough & remember who you are
- Be proactive - innovate
- Be patient & take your opportunities
- Be honest
  
- **BUT ABOVE ALL....**



# ...Live the Dream!



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# Thank You & Good Luck!!!

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