

Oliver Finlay & Andrew Small



Oliver Finlay

Sports Performance Consultant & Registered
International Sports Physical Therapist

MCSP, SRP, RegIFSPT, MSc (Sports Physio), MSc (Ex Physiol), BSc (Physiotherapy), NSCA CSCS, ACPSM Gold, SMA, LMBT

A contributor to the tendinopathy consensus statement (2013), Oliver has over 17 years experience working in elite sports including English Premier League soccer, NBA, NFL, Formula 1, tennis, rugby & international athletics.

Working with Olympic, world, international & national championship winning teams & athletes, Oliver has developed successful programs for the prevention, management & rehabilitation of tendinopathy.

With a research background from both sports physiotherapy & exercise physiology MSc degrees, combined with the practical skills learnt during his NSCA CSCS, alongside his sports clinical career, his work draws on the latest evidence that has been published in the field & integrates aspects of manual physical therapy, conditioning & skills coaching.

Following a successful playing career, including captaining Team Scotland, Oliver has coached lacrosse at both national & international level, thus developing an understanding of the needs of both athletes & coaches. Oliver also mentors several physiotherapists & conditioning coaches, guiding them on how best to develop their careers.

Scott, A., Docking, S., Vicenzino, B., Alfredson, H.; Zwerver, H.; Lundgreen, K.; Finlay, O.; Pollock, N.; Cook, J.L.; Fearon, A.; Purdam, C.R.; Hoens, A.; Rees, J.D.; Goetz, T.J.; Danielson, P. Sports and exercise-related tendinopathies: a review of selected topical issues by participants of the second International Scientific Tendinopathy Symposium (ISTS) Vancouver 2012. Consensus Statement. *Br J Sports Med*, 2013; **47**: pp 536 - 544

Andrew Small

Physical Therapist & Exercise Physiologist

MPHTYST, BSCAPP (HMS-Ex Sci)

Andrew is the Director of Performance & Junior Athletic Development for SPORTIME Randall's Island & the John McEnroe Tennis Academy.

With over 600 athletes, this programme presents a significant challenge, requiring Andrew to draw on his wide experience in sports science, strength & conditioning & physiotherapy. In addition to these ongoing commitments, Andrew's presence in tennis is further supplemented by consulting for the WTA, ATP & ITF Juniors tours.

Andrew is based out of New York, where he treats a wide range of NBA, NFL & MLB athletes, as well as traveling internationally to support the Australian Diving & Volleyball teams.

These experiences, along with others in the Australian Football League (AFL), golf & squash, have enabled Andrew to work side by side with a number of leading practitioners & researchers in the field, benefiting from their experiences & collaboration in the management of tendinopathies. For example, Volleyball Australia has strong links to the tendinopathy research led by Craig Purdam.

Like Oliver, Andrew has both Master's degree certifications in both physical therapy & exercise physiology following his studies at the University of Queensland, Australia