



ROYAL
OPERA
HOUSE

JOB DESCRIPTION

Role / Title:	Soft Tissue Therapist, The Royal Ballet
Reports to:	Clinical Director – Ballet Healthcare Clinical Lead – Ballet Healthcare
Close liaison with:	Ballet Healthcare staff members, Ballet Master, Ballet Mistress, Assistant Ballet Mistress, Repetiteur, Company and Tour Manager; external healthcare practitioners, as required

Main Purpose of the Job:

- Delivery of soft tissue therapy as part of an elite rehabilitation, performance and recovery service for the dancers of The Royal Ballet (currently about 90 or more), to the highest professional standards.
- To provide a reliable, high quality service that supports the performance needs of the Royal Ballet dancers and the longevity of their careers.
- To actively engage with and support the Healthcare team Health and Performance strategy, objectives and values.
- To work as an effective member of the multidisciplinary team of healthcare professionals led by the Clinical Director.
- The remit of the Healthcare team includes dance health education, clinical projects, assessments, performance enhancement, injury prevention, injury management and rehabilitation.

Main Responsibilities:

Service Delivery

- Receive self-referrals from the dancers and from other members of the Healthcare Team.
- Treat musculoskeletal problems as part on an MDT, reporting to the Clinical Director and Clinical Lead as required.
- Use evidence-based therapy interventions within the scope of practice as much as possible.
- Communicate and refer new injury presentations to other members of the BHC team.
- Refer to other members of the MDT where their specific expertise would be beneficial to the dancer's diagnosis, resolution of their injury, or support their general training plan.
- Keep case notes and maintain standards of confidentiality according to the professional body standards.

- Support all data gathering processes and systems effectively, including use of the Ballet healthcare data management system.
- Enact clinical governance procedures as set out by the Clinical Director within the Healthcare Clinical Governance Framework.

Scope of practice

- All soft tissue therapy techniques e.g. massage, myofascial release, active release, technique (ART), fascial techniques, manual muscle stretching.
- Instrument assisted soft tissue techniques.
- Cupping.
- Some electrophysiological modalities on agreement with Clinical Director.

Not within scope of practice

- Acupuncture.
- Mobilisation of joints.
- Manipulation of joints.

Teamwork and Culture

- Support smooth running of the service when other team members are away.
- Support the culture of a high-performance team and a proactive rehabilitation and performance environment.
- Support the sharing of information across the team for best practice, innovation and health education.
- Work to and uphold the standards defined for the Healthcare team within the Medical and Performance strategy.
- Undertake any other duties as reasonably required within the team.

Professional Development

- Maintain continuing professional development (CPD) in liaison with the Clinical Director and Clinical Lead.
- Undertake activities to support learning and development objectives as agreed in the annual performance review.
- Maintain awareness of new developments and innovation in soft tissue therapy treatments/ programmes and trends in dancers' health.

Behaviours:

- Proactively demonstrate a commitment and contribution to the Royal Opera House's health and safety culture in all activities.
- Actively promote the value of diversity in all work; uphold the ROH values and behaviours: Treat each other with Respect - Be Open - Value the Highest Standards.
- Ensure confidentiality, in line with organisational policy and data protection requirements.
- With the other members of the team, share responsibility for housekeeping and the maintenance of standards within the department.

PERSON SPECIFICATION

Minimum Knowledge, Skills and Experience

- Professional qualifications/ training including registration with a professional body.
- Experience working in sport and/or dance with the ability to implement innovative ideas.
- Appreciation of the training and rehabilitation needs of dancers relevant to the ballet art form.
- Ability to manage priorities and support a busy workload.
- Ability to work effectively with internal systems and procedures, including the working practices of a major theatre.
- Ability to support a high-performance culture and team ethic.

Other Essential Knowledge, Skills and Experience

- Commitment to maintaining professional development.
- Ability to support data gathering processes and systems effectively.
- Have a high work ethic.
- Energetic, enthusiastic and supportive demeanour.
- The ability to promote effective teamwork and harmonious working relationships at all levels.
- Diplomacy, discretion and positive approach to all areas of case management.
- Credibility with patients and management as a trusted practitioner and advisor.

Job Requirements

- May have to make themselves available outside scheduled hours as required, including some evenings and weekends when necessary.
- Availability to travel nationally or internationally on tour if required (once per year in June/July).
- Undergo DBS check regarding working with minors.
- Right to work in the UK.
- Must have indemnity insurance.

The Royal Opera House is committed to creating a diverse and inclusive environment in which everyone can thrive.



This Job Description reflects the current situation. It does not preclude change or development that might be required in the future.