

4

Performance Enhancement

Sports physiotherapists contribute to the enhancement of an athlete's performance by evaluating their physical and performance-related profile and advising or intervening to optimise conditions for maximal performance in a specific sport, within a multidisciplinary team approach

Context:

- provision of advice or intervention to individuals who request assistance to enhance their performance, rather than requiring rehabilitation following injury – supplementing the expertise of other members of the multidisciplinary team
- this varies in emphasis: internationally, at different competitive levels, and depending on the multidisciplinary context.

Behaviours:

- collection of information using questioning, observation and measurement, regarding different influences on performance, for example:
 - nutrition and hydration,
 - equipment and environment, and
 - the athlete's efficiency of movement and other physical functions in relation to demands of the sport or physical activity.
- critical evaluation and synthesis of information to form a profile of the athlete's current and potential performance.
- development of evidence-based strategies to influence factors with potential to safely and ethically increase performance, including therapeutic interventions where appropriate.
- sensitive communication of evidence-based recommendations to the athlete and others in the multidisciplinary team, upholding the athlete's right to privacy and confidentiality.
- use of outcome measures to evaluate the degree to which objectives have been achieved.

Specific National Interpretations –

Standards Relating to Competency 4: Performance Enhancement	
A foundational knowledge	
The sports physiotherapist demonstrates the ability to:	
4A: 1	analyse the anatomical, physiological, biomechanical requirements for optimal performance <i>in different sporting contexts</i>
4A: 2	interpret the influences of factors such as nutrition, supplements, hydration, equipment, ergogenic aids, and environmental conditions on the individual's capacity for optimal performance
4A: 3	show insight into psychosocial factors that might affect optimal performance
4A: 4	discuss intervention strategies and advice for safe optimisation of performance, based on current principles of exercise science, training and motor learning
4A: 5	identify the roles and responsibilities of all members of the multidisciplinary team in relation to performance enhancement, enabling a physiotherapy-specific contribution of knowledge and skills
B critique and synthesis	
The sports physiotherapist demonstrates the ability to:	
4B: 1	critically evaluate current research relating to maximal performance and strategies for its optimisation
C information collection	
The sports physiotherapist demonstrates the ability to:	
4C: 1	collect information from the athlete and other professionals in relation to different influences on performance, using questioning, observation and measurement
4C: 2	apply physiotherapeutic assessment techniques and performance-related tests to obtain information relating to the athlete's function and movement efficiency
D information processing	
The sports physiotherapist demonstrates the ability to:	
4D: 1	identify factors that are limiting the athlete in achieving optimal performance, by integrating the assessment findings with sport specific requirements <i>in different sporting contexts</i>
4D: 2	devise appropriate strategies for maximising performance while minimising injury risk, integrating sport-specific theoretical knowledge with evidence-based physiotherapeutic reasoning and skills
E action / intervention	
The sports physiotherapist demonstrates the ability to:	
4E: 1	provide physiotherapy-specific advice or intervention to individuals where assistance is requested to optimise performance in collaboration with the multidisciplinary team
4E: 2	safely and appropriately apply evidence-based strategies to improve performance, including therapeutic interventions
4E: 3	advise the athlete and other professionals regarding safe and evidence-based use of equipment and training strategies
4E: 4	Refer the athlete to appropriate members of the multidisciplinary team while maintaining their right to privacy and confidentiality
F evaluation and modification	
The sports physiotherapist demonstrates the ability to:	
4F: 1	continuously evaluate outcomes of performance enhancement programmes and implement appropriate modification, continuation, or discontinuation of the intervention
G specific national standards	
The sports physiotherapist demonstrates the ability to:	
4G: 1	