

# NATALIE SHARP

## PROFILE

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An outgoing, proactive individual with over nine years of experience with elite international volleyball as both an athlete and physical therapist. A proven track record with injury management and strength and conditioning programs in daily training environments and tours domestically and overseas resulting in decreased injury rates and faster recovery between matches and training.

Substantial experience with building strong relationships with high performance staff within Volleyball Australia, State institutes/academies of sport, and other professionals. Roles over the past 10 years have included collection and evaluation of injury incidence data.

## KEY SKILLS

FIVB accredited medical practitioner

Injury management

Injury diagnosis (peripheral and spinal)

Rehabilitation planning (peripheral, spinal, neuro-orthopaedic)

Recovery methods (hydro, mobility, thermal)

Strength and conditioning (program writing and coaching)

Communication with state/national sporting bodies, state/national coaches

Leadership and team management

Soft tissue therapy

Manual adjusting

Rigid taping

Kinesio taping

Injury research data management

## ATHLETE MANAGEMENT EXPERIENCE

### MEDICAL COORDINATOR - FIVB WORLD TOUR COOLANGATTA 2020

- Coordinate and manage multi-disciplinary medical team
- Consultation with FIVB medical staff
- Consultation with Volleyball Australia staff

### MEDICAL COORDINATOR - VOLLEYSLAM 2020

- Coordinate and manage multi-disciplinary medical team for multi-competition event
- Consultation with Volleyball Australia staff

### MEDICAL COORDINATOR - FIVB WORLD TOUR MANLY 2018

- Coordinate and manage multi-disciplinary medical team
- Consultation with FIVB medical staff
- Consultation with Volleyball Australia staff

### MEDICAL COORDINATOR - VOLLEYFEST MANLY 2018

- Coordinate and manage multi-disciplinary medical team
- Consultation with Volleyball Australia staff

### MEDICAL DIRECTOR - FIVB WORLD TOUR SHEPPARTON 2017-2018

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Management of acute medical conditions
- Management of anti-doping protocols
- Consultation with FIVB medical staff
- Co-management with other medical professionals
- First aid

### MEDICAL DIRECTOR - FIVB WORLD TOUR SYDNEY 2017-2018

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Management of acute medical conditions
- Consultation with FIVB medical staff
- Co-management with other medical professionals
- First aid

### MEDICAL DIRECTOR - AVC CONTINENTAL CUP FINALS 2016

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Management of acute medical conditions
- management of anti-doping protocols
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies
- Co-management with other medical professionals
- First aid

PHYSICAL THERAPIST/CHIROPRACTOR. VOLLEYBALL AUSTRALIA NATIONAL  
MEN'S TEAM - 2016

- Travel with team on international and domestic tours and camps
- Treatment of pre-existing and acute injuries
- Communication and liaising with national/state team and program coaches in relation to athlete progress
- Communication with coaches in regards to daily programming
- Designing and running recovery sessions (hydro, mobility and ice)
- Designing and running rehab/prehab sessions
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies

PHYSICAL THERAPIST/CHIROPRACTOR. VOLLEYBALL AUSTRALIA NATIONAL  
WOMEN'S TEAM - 2015

- Travel with team on international and domestic tours and camps
- Treatment of pre-existing and acute injuries
- Communication and liaising with national/state team and program coaches in relation to athlete progress
- Communication with coaches in regards to daily programming
- Designing and running recovery sessions (hydro, mobility and ice)
- Designing and running rehab/prehab sessions
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies

PHYSICAL THERAPIST/CHIROPRACTOR - ASIAN BEACH VOLLEYBALL  
CHAMPIONSHIPS 2016

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Development and implementation of injury management treatment plans throughout season
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies including sport-specific strength and conditioning
- Collection of injury incidence research data
- General first aid

PHYSICAL THERAPIST/CHIROPRACTOR - CROSSFIT REGIONALS - 2016

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Development and implementation of injury management treatment plans throughout season
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies including sport-specific strength and conditioning
- Collection of injury incidence research data
- General first aid

PHYSICAL THERAPIST/CHIROPRACTOR - FOUR NATIONS CHAMPIONSHIPS 2016

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Development and implementation of injury management treatment plans throughout season
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies including sport-specific strength and conditioning
- Collection of injury incidence research data
- General first aid

PHYSICAL THERAPIST/CHIROPRACTOR - ACT MASTERS SERIES CROSSFIT - 2016

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- General first aid
- Collection of injury incidence data

PHYSICAL THERAPIST/CHIROPRACTOR. VOLLEYBALL AUSTRALIA NATIONAL BEACH VOLLEYBALL SERIES — 2009-PRESENT

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Development and implementation of injury management treatment plans throughout season
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies including sport-specific strength and conditioning
- Collection of injury incidence research data
- General first aid
- Management of approx 50 athletes per event (approx 5 events per season)

PHYSICAL THERAPIST/CHIROPRACTOR. VOLLEYBALL AUSTRALIA NATIONAL JUNIOR WOMEN'S TEAM - 2011-2015

- Travel with team on international and domestic tours and camps
- Treatment of pre-existing and acute injuries
- Communication and liaising with national/state team and program coaches in relation to athlete progress
- Communication with coaches in regards to daily programming
- Designing and running recovery sessions (hydro, mobility and ice)
- Designing and running rehab/prehab sessions
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies
- Management of approx 60 athletes per year

PHYSICAL THERAPIST/CHIROPRACTOR. AUSTRALIAN VOLLEYBALL LEAGUE, ACT TEAM - 2011 - PRESENT

- Management of athletes over national volleyball league season, including travel and home rounds and trainings
- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Design and implementation of rehabilitation plans including sport specific strength and conditioning
- First aid
- Management of approx 35 athletes

PHYSICAL THERAPIST/CHIROPRACTOR. AUSTRALIAN JUNIOR BEACH VOLLEYBALL CHAMPIONSHIPS - 2014

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Consultation with home state coaches/therapists to manage injuries and develop rehabilitation strategies
- Co-management with other medical professionals
- First aid

- Collection of injury incidence data
- Management of approx 105 athletes

PHYSICAL THERAPIST/CHIROPRACTOR. SANTA SABINA COLLEGE, SYDNEY  
VOLLEYBALL PROGRAM - 2013

- Athlete management though national schools cup competition tour
- Management of pre-existing and acute injuries
- Designing and running recovery sessions (including hydro)
- Designing and running rehab/prehab sessions
- Consultation on athletes' strength and conditioning programs
- Rigid and kinesiotaping
- Management of 8 teams (approx 90 athletes)

PHYSICAL THERAPIST/CHIROPRACTOR. DARAMALAN COLLEGE RUGBY PRO-  
GRAM 2014

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- Design and implementation of rehabilitation plans including sport-specific strength and conditioning
- Consultation for general strength and conditioning programs
- First aid
- Management of approx 105 athletes
- Consultation with club physiotherapist
- Collection of injury incidence research data

PHYSICAL THERAPIST/CHIROPRACTOR. NATIONAL COUNTRY WATER POLO  
CHAMPIONSHIPS - 2013

- Treatment of new and pre-existing injuries
- Diagnosis and treatment of acute injuries
- General first aid
- Collection of injury incidence data
- Management of approx 250 athletes

## CLINICAL EXPERIENCE

CHIROPRACTOR. ENHANCE HEALTHCARE — 2011-PRESENT

- Athlete and general population injury management on a daily basis.
- Treatment of sports and general injuries with the development and implementation of treatment plans
- Management of post-surgical rehabilitation and treatment
- Development and implementation of rehabilitation plans including sport specific strength and conditioning
- Referral onto and co-management with appropriate professions for further investigations/imaging
- Soft tissue therapy
- Manual adjusting
- Rigid and kinesiotaping

CHIROPRACTIC ASSISTANT. CHIROSPTS NARRABEEN - 2009  
CHIROPRACTIC ASSISTANT. MANLY VALE CHIROPRACTIC AND OSTEOPATHY -  
2010  
CHIROPRACTIC INTERN - MACQUARIE UNIVERSITY 2010

## LECTURING EXPERIENCE

FICS HANDS-ON SEMINARS 2016-2019

## COACHING EXPERIENCE

ASSISTANT COACH. VOLLEYBALL AUSTRALIA NATIONAL YOUTH INDOOR  
TEAM - 2012-PRESENT  
ASSISTANT COACH. AUSTRALIAN JUNIOR WOMEN'S BEACH VOLLEYBALL  
2014-PRESENT  
HEAD COACH. SANTA SABINA VOLLEYBALL TEAM - 2008-2010

## PLAYING EXPERIENCE

ATHLETE. AUSTRALIAN BEACH VOLLEYBALL TOUR - 2001-2008  
ATHLETE. AUSTRALIAN SENIOR WOMEN'S VOLLEYBALL TEAM - 2005-2012  
ATHLETE. AUSTRALIAN JUNIOR WOMEN'S VOLLEYBALL TEAM - 2003-2005  
ATHLETE. AUSTRALIAN BEACH VOLLEYBALL REPRESENTATIVE 2005-2008

## EDUCATION

INTERNATIONAL CERTIFICATE IN SPORTS CHIROPRACTIC

- Peripheral injury diagnosis and management
- Head injury diagnosis and management
- Strength and conditioning
- Nutrition
- Drugs in sport
- Diagnostic imaging

FNOR (FUNCTIONAL NEURO-ORTHOAEDIC REHABILITATION)

- Spinal, peripheral, head injury neuro-rehabilitation

COMPLETE CONCUSSION MANAGEMENT INTERNATIONAL CERTIFICATION  
(IN PROGRESS - EXPECTED FEB 2020)

- Concussion and head injury diagnosis and management

MACQUARIE UNIVERSITY. MASTER OF CHIROPRACTIC 2009-2010  
(UNIVERSITY SPORTS SCHOLARSHIP HOLDER)

- Orthopaedic testing (peripheral and spinal)
- Radiological imaging
- Neurological testing
- Rehabilitation (peripheral and spinal)

MACQUARIE UNIVERSITY. BACHELOR OF CHIROPRACTIC SCIENCE 2006-2008  
(UNIVERSITY SPORTS SCHOLARSHIP HOLDER)

FUNCTIONAL MOVEMENT SCREEN CERTIFIED MEMBER

SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT PRACTITIONER

FUNCTIONAL AND KINETIC TREATMENT AND REHABILITATION (FAKTR)  
TECHNIQUE PRACTITIONER

IRB STRENGTH AND CONDITIONING LEVEL 1 CERTIFICATE

STELLA MARIS COLLEGE. HSC. 1999-2004

ST MARY'S MANLY. PRIMARY SCHOOL 1992-1998

## FURTHER INFORMATION

FRENCH SPEAKER

AUSTRALIAN PASSPORT HOLDER

FRENCH PASSPORT HOLDER

BRITISH PASSPORT HOLDER

INJURY RESEARCH DATA MANAGEMENT WORLD MASTERS GAMES - 2009

WORKING WITH VULNERABLE PEOPLE CHECK

SENIOR FIRST AID & CPR

## REFERENCES

PETER GARBUTT

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SIMON NAISMITH

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- Previous Head Coach, Australian Junior Volleyball/Beach Volleyball Program (2010-2014)
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