

Crafting a Standout Sports Chiropractic Career



Nick Metcalfe, Sports Chiropractor

MChiro, DC, PGCert, ICSC, CCEP

Private practice



Sports chiro



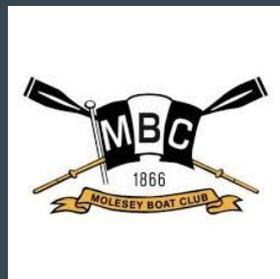
Year 2



Year 3



Year 4



Year 2



Year 3



Year 4



Amateur clubs

Volunteering weekly

Sole person on medical team

“Jack of all trades, master of none”

Show up!

Private practice



Working in sport





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Announcing our latest player sponsor for the 2025/26 Season.

Early career advice:

“If you want to be a sports chiropractor.....find the athletes”

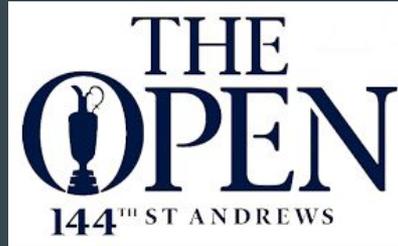
Early career advice:

“Volunteering becomes LESS likely the more experienced you become”

Year 5



Year 7



Year 8



Semi-pro or professional
Volunteering annually
Multidisciplinary
Co-management and politics

Early career advice:

“Communication, teamwork and navigating politics is a skill. It requires practice.”

(Often more important than your clinical skills!)

Year 9-13

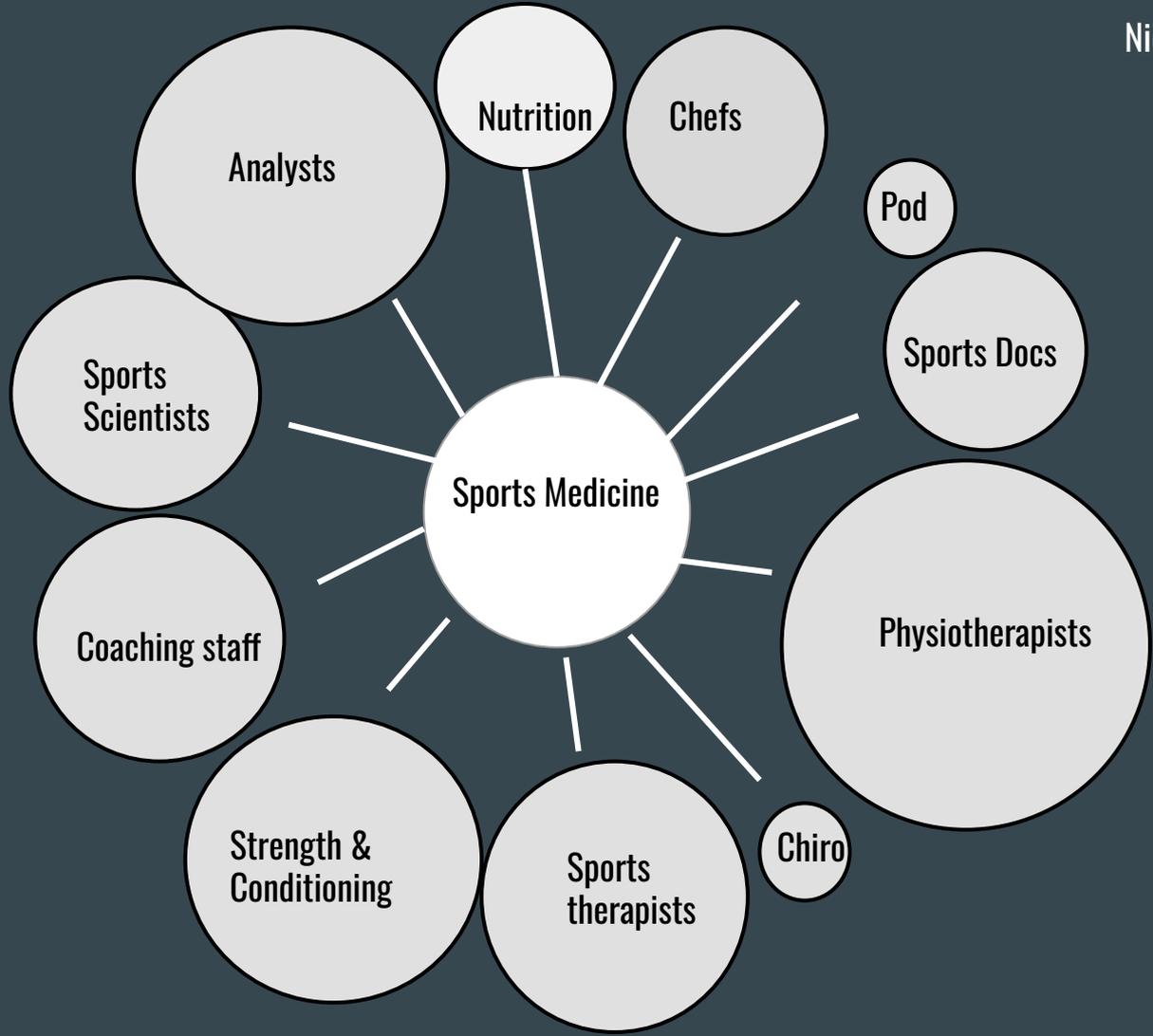


Year 14-16



Professional sport
Paid (finally!)
Multidisciplinary
Specialist role

**WHO'S IN
THE TEAM?**





**FULHAM'S
ROLLERCOASTER RIDE**

2017/18: Promotion

2018/19: Relegation

2019/20: Promotion

2020/21: Relegation

2021/22: Promotion



Summary so far:

Go find the athletes

Volunteer now, not later

Learn how to operate side-by-side with non-chiros

Start as a generalist

But begin with the end in mind (specialist)



Progression....a framework:

An informal framework

Amateur (or Regional)



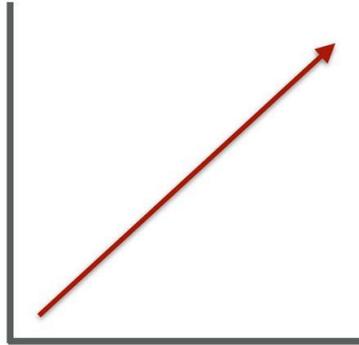
Semi-Pro (or National)



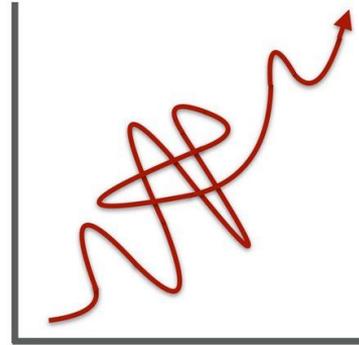
Pro (or International)

Progression vs real life

The Sports Physio @adammeakins



what you think
it will be like



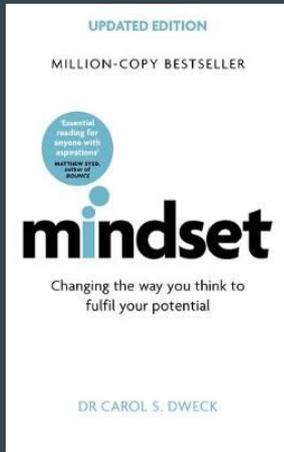
what it really
will be like

www.thesports.physio

How long will it take?

1 0 0 0 0
H O U R S

How long will it take?



“It’s just luck?”

- A) Blind luck - wait around, something might happen
- B) Active Luck - work hard, eventually something will happen.
- C) Planned Luck - experience means you become great at spotting opportunities
- D) Unique Luck - build unique character, reputation and skillset. Luck is drawn to you.



Quick fire FAQs:

When should I do my ICSC?

Is it harder for me as a female chiro in a male dominated sport?

I've heard: "it's not what you know, it's who you know"?

I've heard: "You've just got to be in the right place at the right time"?

Amateur Sport: Who should I contact?

Amateur sport

Hi (Manager/Head Coach/Captain)

I hope you don't mind the email out of the blue. One of your team mentioned your name and passed on your email address.

I work in private practice as a Sports Chiropractor nearby and see a number of athletes in clinic, but I'm looking to volunteer a couple of evenings a week outside of private practice in order to improve my experience in treating sports injuries in a different setting.

Such an arrangement would help me, but at the same time I am optimistic I can provide a great service to your athletes. I am well qualified to manage not just spinal problems, but many other sports injuries. I am hopeful I might even prevent some injuries too. It would be a free service and I'd provide a portable couch and any equipment.

I'd welcome your thoughts on this. I am happy to either chat on the phone, or pop down to the club after training one day to discuss things?

I look forward to hearing from you

Higher level sport: How do I get there



Higher level sport

Your next role is likely to come from a combination of:

- Good CV
- “who you know” “right place, right time”
- Luck
- Time

Higher level sport: How do I get there



Higher level sport

If you do fire off an email. Try this order:

- 1) Ask for advice
- 2) Ask to observe
- 3) Ask for an unpaid trial period
- 4) Ask for a job

Thank you for listening



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