



Bishop Wordsworth's School

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Dear Parents/Guardians

“As a parent of a child who loves his sport you know just how important it is to keep him playing on. We know from first-hand experience, by seeing our son go through the school and many of the teams, how important it was to him to stay injury free and playing his sports. It allowed him to enjoy his time fully at Bishop’s and partake in school life, including the last Australia tour.” Elizabeth Green, Total Foot Health.

In connection with Total Foot Health, the award-winning practice in Brown Street, Salisbury I am pleased to announce that we have developed a support mechanism that we believe will hugely benefit the boys, preventing injuries and keeping them playing for longer.

We intend to roll this programme out to our sportsmen, but those on the rugby tour will be the first to benefit.

Starting in the next couple of weeks Chris Ball (the functional movement therapist based at the practice) will begin working with the boys in small groups. This will include the following:

- Movement screening of all boys who wish to participate to help detect potential injuries
- Creation of a specific exercise routine to help negate the screening findings
- The creation of a sports specific performance programme in conjunction with the PE teachers to be used in training
- Feedback as to whether clinic treatment, which may be at Total Foot Health with your permission, is suggested to assist in injury recovery/prevention

There is no requirement for boys to take part, however all activity undertaken at the school will be entirely free of charge.

Those boys who subsequently do attend Total Foot Health will be offered a 10% discount on any treatment and products required as part of their rehabilitation process.

As someone who has suffered from injuries in the past including during my final year at school, I only wish I had had the above opportunity to address potential issues that may have prolonged my playing of the game I now love to coach.

My hope is that all of the boys on the tour will take advantage of the above and we as a team can go forward in the knowledge that we are as best prepared as possible to head off on tour and into the forthcoming season.

I will speak to all boys and arrange an after school slot with them on a Monday or Wednesday for one hour at the initial screening starting week commencing 13 March.

Yours sincerely

Richard Demain-Griffiths
Director of Sport