



Produced in collaboration with:



A guide to employing a Sport Rehabilitator in Private Practice.

About BASRaT

BASRaT is the professional and accreditation body as well as the regulator for Sport Rehabilitators in the UK. We are unique in comparison to the traditional statutory regulators, in that we perform the functions of multiple organisations, for example the CSP and HCPC. We hold a Professional Standards Authority “Accredited Register” and like the HCPC, we are assessed against the PSA standards annually to ensure we protect the public and carry out our functions transparently, effectively and fairly. Multiple functions allows BASRaT to be an agile regulator; for example, when we identify potential harm to patients we can mitigate future risk throughout a Sport Rehabilitators professional journey, from student to registered healthcare professional.

Regulation of Sport Rehabilitators

Accredited Registers are a contemporary form of healthcare regulation that sits alongside traditional statutory regulation. Although there are legal differences between the two, the functions of registration and regulation for both routes work to achieve the same objectives and both forms of regulation are assessed by the PSA against their standards.

PSA Oversight of BASRaT

The PSA has oversight of both the statutory and accredited registers. Having independent oversight from the PSA is important for all forms of regulation; It offers assurance that processes are fair, transparent and protect the public. This level of oversight means we are accountable for the decisions we make and the way we run our organisation. You can read the PSA's assessments of BASRaT on the PSA website [here](#).

The Register

Like the HCPC, BASRaT has a public register. You can check whether a Sport Rehabilitator is currently registered and see any disciplinary proceedings against them. If they are on our register, then they have completed an accredited degree and have met (and continue to meet) our registration standards - including adherence to the standards of ethical conduct and behaviour (code of practice). Registrants are also subject to CPD audit in a similar way to the HCPC.

BASRaT has in place a Fitness to Practise process to investigate and act upon concerns about registrants, further details can be found [here](#).

If you are choosing to employ a Sport Rehabilitator, it should only be somebody who is on the BASRaT register. The PSA quality mark and BASRaT logo are legally protected, however, in the same way you should check a Physiotherapist is on the HCPC register, using the BASRaT register check ensures you are employing a registered and regulated clinician.

Education

Sport Rehabilitation is a graduate only profession and the only one in its specific field that has this minimum standard in the UK. BASRaT currently accredits 20 BSc and 7 pre-reg MSc HE programmes around the UK. There are circa 800 graduates per year (the workforce is there!).

The degree spends three years with a clear focus on MSK, allowing time to explore topics in greater detail. Recognition and referral for non-MSK pathology and red flags is included and being continually refined from an educational and curricula perspective; graduates should be confident in identifying when the input of another HCP is required.

Students must complete 400 hours (all MSK) of supervised placement hours in order to join the register. This is the minimum requirement and many will complete substantially more. This should be across a range of settings to give them exposure to different environments and patient populations.

International Profession

BASRaT / Sport Rehabilitation is not a standalone UK profession. We are part of the international profession of Athletic Training and Therapy. BASRaT has an International Arrangement with our equivalent registering bodies in the USA, Canada and Ireland, allowing members to transfer their qualifications internationally. The International Arrangement also ensures collaboration on educational content and standards. The transfer of qualifications is overseen by CGFNS who have been the world's largest credentials evaluation organisation for the nursing and allied health professions since 1977.

Insurance

All BASRaT registrants are covered by the BASRaT block PLI policy. This provides comprehensive insurance coverage for the entire scope of practice of a GSR. The policy is brokered by James Hallam Pro Med and underwritten by MPLC (the same providers for the CSP).

Where somebody has received adequate training, the block policy also provides cover for additional activities like shockwave therapy and acupuncture..

Scope of Practice

Registered Sport Rehabilitators can autonomously assess, diagnose, treat and rehabilitate MSK conditions. They can also undertake rehabilitation for a range of patients with NCDs including CVD, respiratory conditions, diabetes, obesity and neurological conditions, whilst still knowing when to refer safely.

They possess a lot of skills that are valuable in private practice, including exercise, occupational and activity prescription, behaviour change, as well as manual therapy techniques and strength & conditioning programming.

Registration Exam

Unlike other MSK professions, graduates from BASRaT accredited programmes must pass our psychometrically assessed and developed registration exam in order to be eligible for registration. This is a BASRaT exam, run independently of Universities and separate to the HE assessment processes. The exam is designed to ensure that people entering the register as graduates meet a minimum level of knowledge and competence, enabling them to practise both safely and independently. This forms an additional layer of quality assurance and also allows BASRaT to identify University programmes that need further support.

Frequently Asked Questions.

Is the title Sport Rehabilitator legally protected?

No. It is therefore very important to check the BASRaT register to ensure you are employing somebody who has been able to evidence continued compliance with registration requirements. Only BASRaT registrants can use the suffix BASRaT-reg and display the combined BASRaT and PSA quality mark in their promotional material.

Are Sport Rehabilitators trained to recognise non-MSK pathology?

Yes. Neuro-musculoskeletal assessment forms a considerable part of the undergraduate curriculum. This includes the recognition of red flags during subjective and objective assessments that may indicate a non-MSK pathology. All registered SRs have a professional responsibility in the code of practice to onward refer as appropriate in such cases.

Can other healthcare professionals refer to Sport Rehabilitators?

Yes. The General Medical Council (GMC) guidance for delegation and referral includes practitioners on PSA Accredited Registers.

Are BASRaT registered Sport Rehabilitators able to see PMI patients?

At present PMI companies will generally not reimburse patients for treatments by Sport Rehabilitators. This is an area of focus for BASRaT and something we hope will change in the future. We are actively seeking to work with employers and patients to affect this change. The PSA are also working with the Association of British Insurers to enable larger scale changes in PMI recognition and reimbursement. If you think you can support us in this work, please get in contact.

Can BASRaT support recruitment?

Yes! We are happy to advertise jobs free of charge. We have a jobs board in our members area, a monthly newsletter, and a members only social media group.

I'm interested in student placements?

BASRaT would be happy to connect you with your local university to discuss student placement opportunities. Students who have completed the relevant module can also obtain insurance via BASRaT to independently offer sports massage - this can be a good addition to your practice and give potential future staff a head start.

Other useful resources and information.

- [CSP resources](#) on recruiting other MSK professions.
- [HCPC information on regulating further professions](#) and Accredited Registers.

Contact.

If you would like to learn more or discuss using Sport Rehabilitators in your business, please contact BASRaT Registrar, Ollie Coburn via o.coburn@basrat.org