

Opportunity	Sports Massage Therapist
Department	Oxford University Sport
Location	Blues Performance Gym, Iffley Rd Sport Centre, OX4 1EQ
Remuneration	£15 per session
Hours	Freelance / Self-employed: Part time 3-6 hours per week during term time in the evenings. Term time = 30 weeks per year.
Reporting to	Sport Physiotherapist
Deadline	12 noon 24 th October 2025
Start / End Dates:	November 2025 – June 2026 (Term Time only)

The Role

We are seeking a skilled Sports Massage Therapist to join our team at Oxford. This role offers a unique opportunity to work with a diverse range of students and athletes, providing 1:1 support while collaborating closely with our multi-disciplinary group of sports science specialists, therapists, and wellbeing staff.

The University of Oxford supports students across all levels of sport – from those competing internationally, to those involved in college, club, and recreational activities. Our programmes aim to enhance the sporting experience for everyone, helping students maintain a healthy balance between physical activity, academic commitments, and personal wellbeing.

As part of this, you will contribute to a holistic programme that promotes both athletic performance and overall health. Support available to students includes strength & conditioning, sport psychology, nutrition, physiotherapy, massage therapy, and lifestyle guidance, alongside the wider care delivered by our Sports Federation team.

This is an exciting opportunity to play a key role in supporting Oxford's student community, providing a high standard of care that enhances wellbeing, encourages participation in sport and physical activity, and supports performance where needed.

Role Responsibilities

- **Assessment and Consultation**

Conduct pre-treatment assessments to understand client needs, injuries, or performance goals.
Take detailed health and injury histories.
Identify areas of muscle tension, weakness, or imbalance.

- **Massage and Treatment**

Provide sports massage techniques (e.g., deep tissue, trigger point, myofascial release) tailored to the athlete's condition.
Apply pre-event massage to prepare muscles and post-event massage to aid recovery.
Use injury management massage to support rehabilitation of soft tissue injuries.

- **Injury Prevention and Rehabilitation**

Advise athletes on stretching, strengthening, and mobility exercises to prevent re-injury.
 Support recovery plans in coordination with physiotherapists, S&C coaches, or doctors.
 Help restore range of motion and reduce scar tissue formation.

- **Education and Advice**

Provide guidance on self-care techniques such as stretching, foam rolling, or correct posture.
 Educate clients about the benefits of regular massage as part of their training or recovery program.
 Give advice on hydration, rest, and lifestyle factors that affect muscle health.

- **Record Keeping and Administration**

Maintain accurate client treatment notes and progress records.
 Track athlete recovery timelines and update treatment plans as needed.
 Manage bookings, scheduling, and client communication where required.

Person Specification

Qualifications / Experience / Skills	Essential / Desirable	Assessed by
Diploma or Degree in Sports Massage Therapy (Level 3 minimum)	Essential	Application
Valid First Aid Certificate	Essential	Application
Excellent work ethic and interpersonal skills, reliable, confident, enthusiastic and ability to communicate appropriately	Essential	Interview
Excellent manual therapy skills with a range of techniques (deep tissue, myofascial release, trigger point therapy)	Essential	Interview
Willingness to engage in continued professional development.	Essential	Application
Flexibility around working hours and time depending on demand	Desirable	Application / Interview
Experience working with elite athletes or performers	Desirable	Application

How to apply:

Please apply to physio@sport.ox.ac.uk with a CV and a one-page cover letter. For an informal discussion about the role please email Graeme.Bartlett@sport.ox.ac.uk.