

## Section 2 - Connect with your University



### Reading List – Physiotherapy

Here are some suggested podcasts, books to read and tasks to complete in preparation for studying Physiotherapy at University next year.

#### **Wider Reading:**

- 1. Mechanical Contributions to Muscle Injury: Implications for Athletic Injury Risk Mitigation;**  
[http://scholar.google.com/scholar\\_url?url=https%3A%2F%2Fosf.io%2Fa5um4%2Fdownload&hl=en&sa=T&oi=gga&ct=gga&cd=0&d=2646861358398781162&ei=Gc-eXo33D9C6yQSVLaYcG&scsig=AAGBfm2\\_W-j50js5NHzyNwHLazyvEWB1NQ&nossl=1&ws=1901x931&at=Mechanical%20Contribution%20to%20Muscle%20Injury%3A%20Implications%20for%20Athletic%20Injury%20Risk%20Mitigation&bn=1](http://scholar.google.com/scholar_url?url=https%3A%2F%2Fosf.io%2Fa5um4%2Fdownload&hl=en&sa=T&oi=gga&ct=gga&cd=0&d=2646861358398781162&ei=Gc-eXo33D9C6yQSVLaYcG&scsig=AAGBfm2_W-j50js5NHzyNwHLazyvEWB1NQ&nossl=1&ws=1901x931&at=Mechanical%20Contribution%20to%20Muscle%20Injury%3A%20Implications%20for%20Athletic%20Injury%20Risk%20Mitigation&bn=1)
- 2. Benefits for bone from resistance exercise and nutrition in long-duration spaceflight: Evidence from biochemistry and densitometry;**  
<https://asbmr.onlinelibrary.wiley.com/doi/full/10.1002/jbmr.1647>
- 3. The lumbar facet joint: a review of current knowledge: part 1: anatomy, biomechanics, and grading;** <https://link.springer.com/article/10.1007/s00256-010-0983-4>
- 4. Redox Signalling in Cardiac Physiology and Pathology;**  
<https://www.ahajournals.org/doi/full/10.1161/circresaha.111.255216>
- 5. Functional anatomy of the Achilles tendon;**  
<https://link.springer.com/article/10.1007/s00167-010-1083-7>

#### **Podcasts and blogs:**

- 1. The Physio Matters Podcasts;** *(multiple podcasts via the link)*  
<https://open.spotify.com/show/72sUWnfUI0ybSs16YEWvc4>

<https://www.csp.org.uk/frontline/article/try-not-be-too-nervous-your-first-day>  
<https://blogs.cardiff.ac.uk/physiotherapy-careers/56/>

<https://www.thecompleteuniversityguide.co.uk/courses/physiotherapy/what's-it-like-to-study-physiotherapy>

### **TV/Documentaries:**

1. **The Game Changers:** *Meeting visionary scientists and top athletes, a UFC fighter embarks on a quest to find the optimal diet for human performance and health.*  
**Available on Netflix.**
2. **Icarus:** *In his Oscar-winning film, an American cyclist plunges into a vast doping scandal involving a Russian scientist -- Putin's most-wanted whistle blower.*  
**Available on Netflix.**
3. **Shane Williams: Rugby, Concussion and Me:** *Shane Williams is on a journey to understand how the world of rugby, from grassroots to the highest levels, is working to reduce concussions in the modern day-game to make the sport safer for future generations. As part of his journey, Shane talks to players both past and present and meets medical professionals, the governing bodies including World Rugby and those involved at the grassroots level of the sport in the UK and abroad.*  
<https://www.bbc.co.uk/iplayer/episode/m000fvjz/ad/shane-williams-rugby-concussion-and-me>

### **General links:**

Wileys Introduction to Anatomy

<http://bcs.wiley.com/he-bcs/Books?action=index&bcsId=2287&itemId=0471689343>

NHS website

<https://www.nhs.uk/conditions/physiotherapy/>

The Chartered Society of Physiotherapists has some good publications for students to read up on:

<https://www.csp.org.uk/>