



# PATRICK WOOD

PERFORMANCE COACH & PHYSIO

## ◦ DETAILS ◦

[patrickwood245@gmail.com](mailto:patrickwood245@gmail.com)

## ◦ LINKS ◦

[LinkedIn: Patrick Wood](#)

[Instagram: @coachpatrickwood](#)

[Podcast \(Apple Podcasts\): No Weak Links](#)

[Podcast \(Spotify\): No Weak Links](#)

## ◦ SKILLS ◦

S&C Program Design

Injury Risk Reduction

Training & Game Day Warm Up

Recovery Session Design

Rehab/Reconditioning

Injury Assessment/Diagnosis

Concussion Management

Strapping



## EDUCATION

**Bachelors of Athletic Training, Eastern Illinois University, Charleston, IL**  
August 2014 — May 2018

**Doctor of Physiotherapy, Bond University, Gold Coast, QLD**  
April 2019 — April 2021



## QUALIFICATIONS

**NSCA Certified Strength & Conditioning Specialist (CSCS)**

**ASCA Level 2 Strength & Conditioning Coach (ASCA L2)**

**AHPRA Registered Physiotherapist**

**Certified Athletic Trainer (ATC)**



## EMPLOYMENT HISTORY

**Head of Rehab & Conditioning at Norths Devils Rugby League Club, Brisbane, QLD**  
November 2021 — Present

**Physio & Performance Coach at Game Time Physio, Brisbane, QLD**  
December 2021 — Present

**Head Physio & Rehab Coach at Yeronga Devils Australian Football Club, Brisbane, QLD**  
April 2021 — November 2021

**Head Performance Coach & Physio at Brisbane Rhinos Gridiron Club, Brisbane, QLD**  
March 2021 — November 2021

**Head Performance & Rehab Coach at PBC Lions Australian Football Club, Palm Beach-Currumbin, QLD**  
January 2020 — February 2021

**Head Performance & Rehab Coach at PBC Alleygators Rugby Union Club, Palm Beach-Currumbin, QLD**  
October 2019 — February 2021

**Strength & Conditioning Coach at Workman Sports Complex, Effingham, IL**  
August 2018 — April 2019

**Head Athletic Trainer at St. Anthony's High School, Effingham, IL**  
August 2018 — April 2019

**Athletic Training Intern at New Orleans Saints (NFL), New Orleans, LA**  
July 2017 — August 2017



## RESEARCH

**Modifiable risk factors that increase the risk of fractures in military personnel undergoing training: A systematic review, Bond University**  
June 2020 — May 2021



## ATHLETIC EXPERIENCE

**NCAA Division 1 Collegiate Swimmer at Eastern Illinois University**  
August 2014 — February 2018

- 2 Year Team Captain