University of Birmingham

Mr Nick Bent MSc, BSc (Hons), MCSP

Lecturer in Physiotherapy, Year 1 Tutor

School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)

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About

Nick Bent is a Lecturer in Physiotherapy. He is Year 1 Tutor for the BSc Physiotherapy programme and Admissions Tutor for the MSc (pre-registration) Physiotherapy programme.

Qualifications

- MSc Sports Medicine 2001
- BSc (Hons) Physiotherapy 1998
- Member of Chartered Society of Physiotherapy 1998

Biography

Nick Bent qualified with a BSc (Hons) in Physiotherapy from the University of Manchester in 1998 and achieved an MSc in Sports Medicine from the University of Nottingham in 2001.

Between 1998 and 2003, he worked as a physiotherapist at NHS hospitals in Walsall, Tamworth and Nottingham, as well as Aston Villa and West Bromwich Albion football clubs. His clinical caseload was made up of musculoskeletal conditions, with a focus on rehabilitation of lower limb sports injuries, particularly those of the anterior cruciate ligament (ACL).

Nick took up a post as Lecturer in Physiotherapy at the University of Nottingham in 2003 and moved to the University of Birmingham in late 2005.

Teaching

Nick's areas of teaching include functional human anatomy, the assessment and treatment of musculoskeletal injury, and sports and exercise medicine. He contributes to a number of undergraduate and postgraduate musculoskeletal modules and is Module Leader for the Physiotherapy in Sport, Movement Science 1 and Musculoskeletal Practice 1 modules on the BSc Physiotherapy Programme, the Developing Evidence-Based Neuromusculoskeletal Practice 1 module on the MSc Physiotherapy (pre-registration) Programme, and the Sports Medicine (Football) 2 module on the MSc Exercise and Sports Medicine (Football) Programme.

Teaching Programmes

- **BSc Physiotherapy (/undergraduate/courses/sportex/physiotherapy.aspx)**
- **MSc Physiotherapy (Pre-registration) (/postgraduate/courses/taught/sport-exercise/physio-pre-reg.aspx)**
- **MSC / PG Dip Advancing Practice (/postgraduate/courses/taught/sport-exercise/advancing-practice.aspx)**
- **MSC / PG Dip Exercise and Sports Medicine (Football) (http://www.birmingham.ac.uk/students/courses/postgraduate/taught/sport-exercise/exercise-sports-medicine-football.aspx)**

Postgraduate supervision

Nick is interested in supervising research projects in the following areas:

- The measurement properties (e.g. reliability and validity) of rehabilitation outcome measures.
- Outcomes assessment in ACL rehabilitation.
- ACL injury and rehabilitation.
- Sports and exercise medicine.
- Musculoskeletal physiotherapy.

Research

Nick's current research is focused on the evaluation of a new outcome measure for use with ACL-injured patients - the Anteromedial Reach Test (ART).

Publications

Bent N, Rushton A, Wright C, Petherick E, and Batt M (2014) Intra-rater and inter-rater reliability of the Anteromedial Reach Test in healthy participants. Open Access Journal of Sports Medicine, 5:1-10. (http://dx.doi.org/10.2147/OAJSM.S50149)

Bent N, Rushton A, Wright C, and Batt M (2012). Distance reached in the Anteromedial Reach Test as a function of learning and leg length. Research Quarterly for Exercise and Sport, 83(2): 188-195. (http://dx.doi.org/10.1080/02701367.2012.10599849)

Bent N, Wright C, Rushton A, and Batt M. (2009) Selecting outcome measures in sports medicine: a guide for practitioners using the example of anterior cruciate ligament rehabilitation. British Journal of Sports Medicine, 43(13):1006-10012. (http://dx.doi.org/10.1136/bjsm.2009.057356%20%20)

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