

Brief CV – Mrs Gráinne Donnelly

Surname: Donnelly **Forename(s):** Gráinne, Marie **Title:** Mrs

Current position(s): Private Practice Owner, Absolute Physio, Co. Fermanagh, N. Ireland (2013-present)
Doctoral researcher at Cardiff Metropolitan University (2023–present)
Editor-in-Chief of the Journal of Pelvic, Obstetric and Gynaecological Physiotherapy (JPOGP)
Pelvic Obstetric and Gynaecological Physiotherapy (POGP) Board of Trustees (2022–present)

Previous position: Advanced Physiotherapist and Team Lead for Pelvic Health Physiotherapy Service, Western, Health and Social Care Trust, N. Ireland (January 2018-March 2021).
Specialist Physiotherapist B6, Western Health and Social Care Trust (October 2010–January 2018).
15 years postgraduate experience with 13 years as a specialist in pelvic health physiotherapy within the NHS.

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Qualifications, degrees etc:

2022 MSc Advancing Practice in Physiotherapy, Ulster University
2018 Postgraduate Certificate in Continence Practice for Physiotherapist, University of Bradford, UK
2005 BSc (Hons) Physiotherapy, (2:1 upper division), Ulster University
2020 Sport NI Research Award Recipient

Positions and roles:

Guest Lecturer University of Bradford MSc Women's Health and UCL Rehabilitative Studies module
Guest Lecturer University of Brunel Advanced Practice in Pelvic Health Module
Faculty member, lecturer and module developer for Women's Health module at Supsi University, Switzerland
Associate member of the Physical Activity Research Group, Canterbury Christ Church University
Specialist Advisory Board for the Active Pregnancy Foundation

Past role: Communications Officer for the CSP N. Ireland Board (2019 – 2023)

Grant funding:

2023 World Rugby return to rugby postpartum guideline working group
2023 Pelvic Obstetric and Gynaecological Physiotherapy 'Dr Jo Laycock' research grant recipient (£5000)

Selected publications:

Donnelly, GM, Bø, K, Forner, LB, Rankin, A and Moore, IS (2024), Up for the tackle? The pelvic floor and rugby. A review. *Eur J Sport Sci.* <https://doi.org/10.1002/ejsc.12121>

McCarthy-Ryan M, Perkins J, **Donnelly GM**, Leahy K, Yeomans C, Liston M, *et al.* Urinary incontinence prevalence and risk factors in female Rugby Union players: A common health problem across four nations. *BMJ Open Sport & Exercise Medicine.* 2024

Donnelly, GM and Moore IS. Sports Medicine and the Pelvic Floor. *Clinical Sports Medicine Reports.* March 2023.

De Vivo, M, Atkinson L, **Donnelly GM** *et al.* A Bump in the Road? The BASES Expert Statement on Pregnant and Postnatal Athletes. *The Sport and Exercise Scientist.* 2022;74, 8-9.

Smith, M, **Donnelly, GM**, Berry, L *et al.* Point of care ultrasound in pelvic health: scope of practice, education and governance for physiotherapists. *Int Urogynecol J.* 2022.

Donnelly GM, Moore IS, Brockwell E, *et al.* Reframing return-to-sport postpartum: the 6 Rs framework *British Journal of Sports Medicine* Published Online First: 26 November 2021.

James, ML, Moore, IS, **Donnelly, GM**, Brockwell, E, Perkins, J; Colman, CE. Running During Pregnancy and Postpartum, Part A: Why Do Women Stop Running During Pregnancy and Not Return to Running in the Postpartum Period?. *Journal of Women's Health Physical Therapy.* 2022;46(3), 111-123 doi: 10.1097/JWH.0000000000000228.

Donnelly, GM, James, ML, Colman, CE, Brockwell, E, Perkins, J, Moore IS. Running During Pregnancy and Postpartum Part B: How Does Running-Related Advice and Guidance Received During Pregnancy and Postpartum Affect Women's Running Habits? *Journal of Women's Health Physical Therapy:* July/September. 2022; 46(3), 124 – 131.

Donnelly, GM, Brockwell, E, Rankin, A, Moore, IS. Beyond the Musculoskeletal System: Considering Whole-Systems Readiness for Running Postpartum, *Journal of Women's Health Physical Therapy.* 2022;46(1), 48-56.

Fuentes-Aparicio L, Rejano-Campo M, López-Bueno L, **Donnelly GM**, Balasch-Bernat M. The effect of an abdominopelvic exercise program alone VS in addition to postural instructions on pelvic floor muscle function in climacteric women with stress urinary incontinence. A randomized controlled trial. *Physiother Theory Pract.* 2022;23,1-12. doi: 10.1080/09593985.2022.2028323. Epub ahead of print. PMID: 35068328.

Fuentes Aparicio F, Rejano-Campo M, **Donnelly GM**, Vincente-Campos V Self-Reported symptoms in women with diastasis rectus abdominis: A systematic review *Journal of Gynecology Obstetrics and Human Reproduction.* 2021;50(7).

Moore, IS, James, ML, Brockwell, E, Perkins, J, Jones, A, **Donnelly GM**. Multidisciplinary, biopsychosocial factors contributing to return to running and running related stress urinary incontinence in postpartum women. *British Journal of Sports Medicine* 2021;55,1286-1292.

Donnelly GM, Rankin A, Mills H *et al* Infographic. Guidance for medical, health and fitness professionals to support women in returning to running postnatally *British Journal of Sports Medicine* 2020;54,1114-1115.

Donnelly G Diastasis rectus abdominis: physiotherapy management *Journal of Pelvic, Obstetric and Gynaecological Physiotherapy.* 2019;124(Spring), 15–19.