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KEVIN FINN

KF Physio



After spending eight years working internationally from a UK base, Kevin Finn returned to his native Sligo where he set up his company.

Kevin initially left Ireland to put himself in a position to work with the best of the best and that certainly came to pass as he ended up working in medical teams at the Olympic Games, Asian Indoor Games, European Games, Commonwealth Games, and the IAAF World Athletics Championships as well as with the Norwich City FC first team in the Premier League.

His goal was to gather experience and expertise before returning to Ireland to be close to family and enjoy a good quality of life.

“The plan was always to come home and last year was the perfect time,” he says. “Sports and health are such rewarding sectors to work in. It’s fantastic to now be setting up my own business collaborating with local and international clients from my Sligo base.”

KF Physio provides training and education for healthcare professionals in the sports injury sector, alongside advising athletes with an injury prevention consultancy service.

“I’m passionate about helping people achieve their goals. The aim of KF Physio is to just do that,” Kevin says. “On the education side of things, we have specific courses tailored to help doctors and therapists provide the best care and support possible for their athletes and patients. For athletes, it’s all about providing the injury prevention and treatment needed so they can minimise injuries and focus on performing at their peak.”

Kevin found starting his business in Ireland to be a relatively straightforward process, but initially it was hard to find a balance between his commitment to local clients and international duties.

“I was setting up in Sligo but also working at elite sports and tutoring internationally. It was hard to say ‘no’ to the many offers from professional football clubs and private clinics in the UK during my first year back home.”

He took part in Back for Business three months after returning to Ireland and found the network of like-minded entrepreneurs great for peer support and shared learning. “Our mentor Mary McKenna was a fountain of knowledge and really helped shape our entrepreneurial journey,” he says. “Having

this support means you really are back for business and not back for busyness.”

He would highly recommend any returning entrepreneurs to apply for the programme, saying that as the programme evolves, entrepreneurs resolve their business problems together. “The roundtables and workshops have been well thought out and refined to suit the needs of the returning entrepreneur,” he says.

Kevin has also found Sligo LEO informative and helpful. He has completed the IBYE bootcamp and Phase 2 of New Frontiers and was chosen to participate on the Back for Business further development phase with Michael Hoyne as a mentor. “Back for business really stepped up to the plate during the Covid-19 pandemic and provided us with some fantastic virtual roundtables, workshops and a supportive network.”

His plans for the future include a short-term goal of streamlining the services he offers athletes, coaches and other sports medicine practitioners as well as a medium-term aim of building a platform to take the company’s work to the next level. He expects to bring in some key contractors to support his work in the early part of next year.

POSITION

Founder & Director

WHAT WE DO

Training and education for healthcare professionals in the sports injury sector; Injury prevention consultancy for athletes.

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