

## Ciara Mulrooney

### *Recalibrate Sligo Injury Clinic*



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**Recalibrate**  
..... SLIGO INJURY CLINIC



Having grown up as an active and sporty youngster, Ciara Mulrooney experienced her fair share of injuries. She gave everything 100 per cent and sometimes paid the price.

Those hard knocks brought with them useful experiences and, as she got older, she started to truly understand the impact of injuries on day-to-day life.

Ciara's passion for sport and exercise sparked an interest in how and why the body moves and reacts in certain ways. It led her to complete a degree at DCU, which focussed on all the elements surrounding sports injury, long-term pain treatment and rehabilitation.

In June 2016, she traded the hectic lifestyle of Dublin for the North West and established Recalibrate in the sea-side village of Strandhill in her home county of Sligo.

While finding her feet and developing her business, the Certified Athletic Therapist realised that the ACORNS programme could be just what she needed to take that step forward.

In truth, it allowed her to step outside her business and view it with an objective eye. She learned much from meeting like-minded, motivated women who support each other through the highs and lows of business.

Since ACORNS, Ciara has branched into different directions and also works with third-level students to assist their education in this evolving sector. She has furthered her own education by completing a Masters in Sports and Exercise Medicine in Trinity College Dublin, allowing her to provide high quality care to her clients.

Her ambition for Recalibrate is to have it known as a centre of excellence for injury and pain treatment in Sligo and further afield, developing the clinic into an all-encompassing one where all the client's needs will be met there.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine