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Performance Coaches
Massage Therapists
Nutritional Therapists
Sports Podiatrists
Pilates
Yoga



Matt Curley Performance Coach

Matt obtained his BSc (Hons) in Science and Football, from Liverpool's John Moores University. He has a PICP Level 1, from Dublin, and is a Certified Strength and Conditioning Specialist with the N.S.C.A.

Matt has worked at numerous Premiership Football Academies, providing sport science support and assisting in the delivery of Strength and Conditioning programs. He has also worked as a Physiotherapist assistant for the NHS, with particular focus on groups of rheumatoid arthritis patients, helping them manage their symptoms through exercise.

Matt is especially interested in training endurance athletes, helping to improve their strength, efficiency, and power in the gym. He loves seeing this transfer into improved endurance performance.



For further information or to book an appointment, please call 08447 700 800.

info@puresportsmed.com
www.puresportsmed.com