

Sports Doctors  
Physiotherapists  
Osteopaths  
Orthopaedic Consultants  
Performance Coaches  
Massage Therapists  
Nutritional Therapists  
Sports Podiatrists  
Pilates  
Yoga



## Ian Griffiths Specialist Sports Podiatrist

*'I consider myself incredibly fortunate to have a career which allows me to combine my two main passions in life; sport and human anatomy.'*

Ian has worked within multidisciplinary medical centres across London since 2006, and firmly believes in a team approach to injury management. Ian's main interests and specialities lie within the fields of biomechanically induced tissue stress of the lower limb, gait analysis, and the application of engineering principles to human structures. He has helped individuals from all walks of life, whether competing in their first JP Morgan Chase Challenge, or playing in the Barclays Premier League.

Alongside his clinical responsibilities, Ian has aimed to continuously add to his academic credentials, and since completing his Undergraduate Podiatry Degree, he has also been awarded a Postgraduate Certificate in Sports Podiatry, and a Master's in Sports Injury. His thesis for his Masters was subsequently accepted for publication in the Journal of the American Podiatric Medical Association. Ian continues to be actively involved in research, and has a genuine commitment to ongoing learning.



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

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