## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>3</td>
</tr>
<tr>
<td>WHO WE ARE</td>
<td>3</td>
</tr>
<tr>
<td>WHO WE TREAT</td>
<td>3</td>
</tr>
<tr>
<td>PATIENT JOURNEY</td>
<td>5</td>
</tr>
<tr>
<td>SERVICES</td>
<td>6</td>
</tr>
<tr>
<td>INTEGRATED CARE</td>
<td>6</td>
</tr>
<tr>
<td>TREAT</td>
<td>6</td>
</tr>
<tr>
<td>TRAIN</td>
<td>6</td>
</tr>
<tr>
<td>TEACH</td>
<td>6</td>
</tr>
<tr>
<td>OUR TEAM</td>
<td>7</td>
</tr>
<tr>
<td>CLINICIANS</td>
<td>7</td>
</tr>
<tr>
<td>PROFESSIONAL CARE</td>
<td>7</td>
</tr>
<tr>
<td>SUPPORT SERVICES</td>
<td>8</td>
</tr>
<tr>
<td>NETWORK</td>
<td>8</td>
</tr>
<tr>
<td>REFERRAL SOURCES</td>
<td>8</td>
</tr>
<tr>
<td>PARTNERSHIPS</td>
<td>9</td>
</tr>
<tr>
<td>FACILITIES</td>
<td>10</td>
</tr>
<tr>
<td>EXISTING BRANCHES</td>
<td>10</td>
</tr>
<tr>
<td>EXPANSION PLANS</td>
<td>10</td>
</tr>
<tr>
<td>CONTACT DETAILS</td>
<td>11</td>
</tr>
<tr>
<td>APPENDIX 1: OUR TEAM</td>
<td>12</td>
</tr>
<tr>
<td>SPORTS MEDICINE DOCTORS</td>
<td>12</td>
</tr>
<tr>
<td>ORTHOPAEDIC SURGEONS</td>
<td>13</td>
</tr>
<tr>
<td>PHYSIOTHERAPISTS</td>
<td>14</td>
</tr>
<tr>
<td>OSTEOPATHS AND CHIROPRACTORS</td>
<td>19</td>
</tr>
<tr>
<td>PERFORMANCE TEAM</td>
<td>20</td>
</tr>
<tr>
<td>NURSING TEAM</td>
<td>22</td>
</tr>
</tbody>
</table>
INTRODUCTION

WHO WE ARE

UPANDRUNNING was the first integrated sports medical center in the United Arab Emirates. Established in 2010 by Dr Anna Zickerman, the clinic was based on her belief in providing the best patient care by optimising diagnosis, treatment and rehabilitation under one roof. In just six years, the clinic has grown into a clinical team of thirty-five, encompassing sports medicine doctors, orthopaedic surgeons, physiotherapists, osteopaths, chiropractors, podiatrists, dietitians and strength and conditioning coaches. With a twenty-five strong administrative team to ensure all components of the business run smoothly, this has led to the clinic now receiving over 35,000 patient visits a year.

Since conception, UPANDRUNNING has maintained its position as a center of excellence by only employing the highest calibre staff with extensive experience in their fields. This has led us to become the most advanced and dynamic sports clinic in the UAE, and the destination of choice for many national and international athletes, as well as patients from Dubai, across the UAE and from further afield.

UPANDRUNNING bridges existing gaps in care, managing all forms of sports injuries and undertaking a wide range of treatments in-house or in local private hospitals. We strive to not just treat, but prevent recurrence or further injuries with our policy of Treat, Train, Teach. Believing that only with a firm diagnosis can we help patients get better, our experienced clinicians have access to the latest diagnostic radiology, with in-house ultrasound scanning and local 3-tesla (3T) magnetic resonance imaging (MRI) available for our patients. We are regularly consulted for second or third opinions by our patients and insurance providers due to our strong diagnostic basis. Once this has been achieved we can call on our team of rehabilitation experts, interventional pain physicians, or orthopaedic surgeons to help manage the condition and get the patient back “up and running”.

WHO WE TREAT

UPANDRUNNING has gained a global reputation for the quality of its clinical services, with the physicians and rehabilitation team regularly working with international and national elite athletes in many sports. This experience is used to optimise the care we provide for all our patients, with our multidisciplinary team adopting an evidence-based, fully integrated approach to diagnosis, treatment and rehabilitation. This supports our patients to overcome acute and chronic injuries, and return to health and sporting activity.
We regularly treat:

- Elite athletes and teams including PGA Tour golfers, Great Britain rowing teams, international footballers, competitive triathletes, etc.
- Local athletes and teams
- Sports enthusiasts and those just starting out
- Children involved in sports, working with many local schools to implement concussion screening, functional movement assessments and covering multi-school competitions
- Individuals and workplace employees seeking to improve their health and lifestyle with work based assessments and advice

Ultimately, the clinic’s goal is to ensure that patients are quickly and effectively ‘up and running’ with a higher level of knowledge regarding injury management, injury prevention and fitness progression. This leads to both effective treatment and prevention of further injuries, aligning with our aim to have our patients stay well following our input, using advice and recommendations to create improvements in how they train and thus helping to prevent recurrences.
PATIENT JOURNEY

PRE-EXISTING HEALTH CONDITIONS

STAYING HEALTHY

IMPROVING HEALTH

MEDICALS
- CORPORATE
- OCCUPATIONAL HEALTH
- TRAVEL MEDICINE

WELLNESS
- CORPORATE
- SCHOOLS
- TEAMS AND CLUBS

TEACH

EDUCATION
- WORKSHOPS / TALKS
- CONFERENCES
- FIRST AID TRAINING

SPORTS EVENTS COVER

SCREENING
- FUNCTIONAL MOVEMENT
- CONCUSSION
- ERGONOMICS
- CARDIOVASCULAR

TRAIN

ASSESSMENT
- FITNESS TESTING
- VO2 MAX
- RUN CLINIC
- GOLF BIOMECHANICS

TRAINING
- PERSONAL TRAINING
- STRENGTH & CONDITIONING
- FITNESS CLASSES
- CLINICAL PILATES

TREAT

GENERAL PRACTITIONERS

RECOVERY

REHABILITATION

MEDICAL
- SPORTS MEDICINE
- PAIN MANAGEMENT
- ORTHOPAEDIC SURGERY

ALLIED HEALTH
- PHYSIOTHERAPY
- WOMEN’S HEALTH PHYSIO
- GOLF PHYSIOTHERAPY
- SPORTS MASSAGE
- OSTEOPATHY
- CHIROPRACTIC
- NURSING
- ORTHOTICS

SPORTS AND EXERCISE MEDICS

ORTHOPAEDIC SURGEONS

ALLIED HEALTH PROFESSIONALS

INVESTIGATION — DIAGNOSIS

CONSERVATIVE MANAGEMENT

PROGNOSIS — INTERVENTION

DISCHARGE

SURGERY

WWW.UPANDRUNNINGDUBAI.COM
SERVICES

INTEGRATED CARE

UPANDRUNNING creates an environment through its tenets of Treat, Train, Teach, to maximise recovery, and minimise pain and limitation to activity by its fully integrated approach to dealing with patients. To achieve this, we have a vast array of clinicians and a dedicated support team to help patients reach their goals, be it a return to international sport or a comfortable night’s sleep.

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<th><strong>TREAT</strong></th>
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<tbody>
<tr>
<td>Sports Medicine</td>
<td>Strength &amp; Conditioning</td>
<td>Corporate &amp; School Wellness</td>
</tr>
<tr>
<td>Orthopaedic Surgery</td>
<td>Personal Training</td>
<td>Corporate Medicals</td>
</tr>
<tr>
<td>Women’s Health Physiotherapy</td>
<td>Fitness Testing</td>
<td>Athletic &amp; Concussion Screening</td>
</tr>
<tr>
<td>Osteopathy</td>
<td>VO2 Max Testing</td>
<td>Sports Events Cover</td>
</tr>
<tr>
<td>Nursing</td>
<td>Run Clinic</td>
<td></td>
</tr>
<tr>
<td>Orthotics</td>
<td></td>
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<td></td>
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<td>Pain Management</td>
<td>Golf Strength &amp; Conditioning</td>
<td>First Aid Training</td>
</tr>
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<td>Physiotherapy</td>
<td>Fitness Classes</td>
<td>Ergonomics</td>
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<td>Golf Physiotherapy &amp; Biomechanics</td>
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<td>Education Events, Workshops &amp; Conferences</td>
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<td>Chiropractic</td>
<td>VO2 Max Testing</td>
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<td>Sports Massage</td>
<td>Run Clinic</td>
<td>Travel Medicine</td>
</tr>
</tbody>
</table>

WWW.UPANDRUNNINGDUBAI.COM
OUR TEAM

CLINICIANS

The UPANDRUNNING clinical team consists of sports medicine doctors, orthopaedic surgeons, physiotherapists, osteopaths, chiropractors, nurses, dietitians, strength and conditioning coaches, and personal trainers. These thirty-five, highly skilled professionals are some of the most respected practitioners in their field, having many years of experience and postgraduate qualifications prior to completing the rigorous vetting prior to becoming an UPANDRUNNING practitioner. Our sports medicine doctors have worked at two Olympic Games, the Commonwealth Games, the European Games, with the Professional Golf Association (PGA) Tour, several English Premiership football clubs, the England and Scotland Football Association, English and Scottish rugby clubs, Scotland Rugby, World Rugby, Great Britain Rowing and Scotland Swimming. Our sports medicine doctors are able to refer patients to a rehabilitation team with unrivalled experience in the UAE with experience in sports such as rugby, football, tennis, golf, swimming, cricket, athletics, triathlon, netball, skiing, and motor racing.

Our orthopaedic surgeons are leaders in their fields and have all published widely, and worked with elite sport and complex cases both at home and within the UAE. They are able to give us access to early treatment at a level unavailable at other clinics. The clinical team go beyond local recommendations for professional development and all undertake regular appraisal both internally and externally, and are members of their home governing bodies as well as complying to all the local Dubai Health Authority (DHA) regulations.

PROFESSIONAL CARE

The highest standards of care are achieved by:

- Maintaining confidentiality and respect for all patients
- Showing empathy and compassion to all patients
- Always establishing a working diagnosis and undertaking appropriate investigations to confirm this, to address the underlying cause of symptoms and allow timely treatment
- Adherence to DHA and National Institute for Health and Care Excellence (NICE) guidelines
- Improve the health of patients by understanding pre-existing conditions, to allow safe and appropriate treatments
- Undertake individual clinical appraisal, regular clinical governance meetings and commit to continued professional development
**SUPPORT SERVICES**

The large clinical team is excellently supported by our administrative and operations team, who ensure that the patient’s journey through our clinic runs smoothly. They work with the goal of minimising delays in any treatments and being an advocate for the patient with external bodies such as insurers and hospitals, always available to help and answer any queries.

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<tr>
<th>Clinic Management</th>
<th>Medical Administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call Center &amp; Reception</td>
<td>Information Technology</td>
</tr>
<tr>
<td>Human Resources</td>
<td>Finance</td>
</tr>
<tr>
<td>Business Development</td>
<td>Marketing &amp; Communications</td>
</tr>
<tr>
<td>Procurement</td>
<td>Sales</td>
</tr>
</tbody>
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**NETWORK**

**REFERRAL SOURCES**

The prominence of **UPANDRUNNING** within the sports medicine field has led to collaboration with local and international clinicians, medical centers, hospitals and insurance companies for the optimum treatment of their patients, athletes and clients. All clinicians who work with us adhere to the same professional standards as our employed clinicians and are thoroughly vetted prior to working with us.

Our referral sources and collaborations include:

- Patient referrals to a center of excellence, ensuring our patients receive the best care. We have strong links with specialists in the United Kingdom, and should a procedure or treatment be unavailable in the UAE, then patients may be referred to experts for their treatment. We regularly undergo Skype consultations pre and post-operatively to optimise treatment and guarantee the correct rehabilitation at **UPANDRUNNING**.

- Direct referrals from many clinicians throughout the Middle East and North Africa (MENA) region, for example Saudi Arabia, Egypt and Oman.

- Tertiary referrals from hospitals in Dubai, for a second expert opinion regarding complex cases.

- Second opinions by **UPANDRUNNING** for insurance companies questioning treatment pathways suggested by other medical professionals and specialisms.
PARTNERSHIPS

UPANDRUNNING is proud to provide clinical support to a broad range of local and international businesses, schools, sports teams, clubs and organisations. The business development team is continually expanding links within the UAE and abroad, with the following partnerships already established:

- Match day cover and sponsorship of local and international sports teams and clubs. These include school rugby events such as the Dubai College Rugby 7’s, 10’s and 15’s, the COBIS School Games, running events such as the Creek Striders Half-Marathon, and triathlon events and teams such as the TriDubai triathlon club and the Roy Nasr Memorial Triathlon.
- Multidisciplinary care for schools across Dubai, including concussion baseline testing, wellness education and first aid training.
- Cooperative relationships with gyms and fitness centers, such as Flywheel / Barre.
- Close links with the European Tour Golf organisation, during tournaments such as the Race to Dubai. This includes a working partnership with the European Tour Performance Institute based at Jumeirah Golf Estates, where the most recent branch of UPANDRUNNING, the Rehabilitation & Performance Center, has been established.
- Corporate links to a variety of business in Dubai, providing yearly medicals and workplace assessments, including wellness events, education and first aid training.
**FACILITIES**

**EXISTING BRANCHES**

UPANDRUNNING has a medical center in Umm Suqiem (Integrated Sports Medical Center), Jumeirah (Integrated Wellness Medical Center) and Jumeirah Golf Estates Country Club and European Tour Performance Institute (Rehabilitation & Performance Center). Across the three centers, there are the following facilities:

- Fully equipped private consultation rooms
- Triage / emergency assessment rooms
- Diagnostic rooms for dynamic musculoskeletal ultrasound scanning
- Multi-purpose gymnasiums used both by rehabilitation specialists and trainers
- Fully equipped Clinical Pilates rehabilitation studios
- Fitness laboratories for a variety of fitness and medical testing, biomechanical and technique video analysis, and muscle and nerve function testing
- Store of rehabilitation equipment supplies
- Changing rooms / educational rooms / Wi-Fi / café and other such facilities

**EXPANSION PLANS**

UPANDRUNNING is a center of excellence and market leader in Dubai within the field of sports medicine. We are expanding both the Sports and Wellness centers to include a greater range of diagnostic and treatment facilities for our patients in-house, to optimise treatment standards and minimise facilities involved with our patients’ care. We are also launching new centers across Dubai, to reach a broader range of local communities.

There are plans to broaden the services we offer our patients, with new members of the clinical team being actively recruited in fields such as general practice, women’s health, and corporate wellbeing and absence management. This will allow us to build upon the current extensive array of clinical services we offer, to continue expanding our Treat, Train, Teach philosophy.
CONTACT DETAILS

Please do not hesitate to contact UPANDRUNNING for more information about the team and services, and to discuss proposals for partnerships and business development.

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- E: info@upandrunningdubai.com
- W: www.upandrunningdubai.com
- S: LinkedIn | Facebook | Instagram | Twitter
APPENDIX 1: OUR TEAM

SPORTS MEDICINE DOCTORS

DR ANNA ZICKERMAN (MBCHB, MSC, JCPTGP, FFSEM, PGCE, MSKUS)
Sports Medicine Specialist, Owner and Medical Director

Swedish born and Dubai raised, Dr Zickerman qualified from Leicester University as a Family Practitioner, completed her MSc in Sports and Exercise Medicine in Nottingham and gained her Fellowship in Ireland. She worked in primary care musculoskeletal clinics in the UK, with links to Leicester City FC, Leicester Tigers RFC and Loughborough Athletics. After establishing herself as a specialist in Dubai in 2007, Dr Zickerman founded UPANDRUNNING in 2010. She treats a range of patients and international athletes, and is an accredited doctor for the PGA European and Middle East golf tours.

DR KATE JORDAN (MBBS, IOC DipSEM, MFSEM (UK), MRCGP)
Sports Medicine and Family Medicine Specialist

A member of the UK Faculty of Sports and Exercise Medicine, Dr Jordan graduated with distinction from the International Olympic Committee Sports and Exercise Medicine Diploma. Dr Jordan has worked at the Scottish Institute of Sport, with Scottish Rugby, Swimming and Football, for World Rugby, at the 2012 Olympics, 2014 Commonwealth Games, 2015 European Games and 2015 European Youth Olympics as Team Great Britain Chief Medical Officer. Her special interests are musculoskeletal injury prevention, fatigue and underperformance, and concussion.

DR TOM SAW (MA, MB, BCHIR, MRCS, MRCGP, MFSEM (UK), DIPSEM, DIPOCCMED)
Sports Medicine and Interventional Pain Specialist

Dr Saw worked as a Hip Research Fellow in the UK, before completing General Practice training and joining the Blackberry Clinic as a GP principal in 2005. After completing his Diploma in Sports Medicine, he worked with the Football Association, several Premiership Football Clubs, GB Olympic Rowers and was medical officer for the Rugby Union ‘A’ World Cup Games in 2008. Tom brings specialized skills in the diagnosis and treatment of back problems, and the use of interventional injection techniques to manage pain and resolve injuries.
ORTHOPAEDIC SURGEONS

DR. JUSSI RANTANEN (MD, PHD, ASSOCIATE PROFESSOR)

Specialist Orthopaedic Surgeon

Dr Rantanen is a founding partner of Hospital NEO, a state-of-the-art orthopaedic hospital in Finland. Dr Rantanen has presented over 40 international papers and he became an associate professor in 2001. His focus has mainly been on knee and ankle arthroscopy, and sports surgical problems of the lower limb. Dr Rantanen has performed over 1,000 knee ligament reconstructions, of which over 200 were complex re-ruptures and multi-ligament ruptures. He has performed surgery on over 150 international athletes, including many professional ice-hockey, basketball and football players.

DR. JUHA RANNE (MD, PHD)

Specialist Orthopaedic Surgeon

Dr Ranne is the current Orthopaedic Consultant (Shoulder Surgery) at Hospital NEO in Finland, and at Dextra Hospital and Sports Clinic in Helsinki. His patients range from professional athletes to people who have been injured at work or at home. Dr Ranne has 13 years of arthroscopic surgery experience and performs on average 300 procedures per year. He has also developed two new arthroscopic surgery procedures, recently published in international medical journals. His special interests are glenohumeral instability and AC separations, including technique and instrument development.

MR. RICHARD VILLAR (BSC (HONS), MA, MS, FRCS)

Specialist Orthopaedic Surgeon

Mr Villar studied in London, Southampton and Cambridge, and was the Regimental Medical Officer to the SAS. He developed an interest in conservative hip surgery whilst at Addenbrooke’s Hospital and now has one of the largest experiences of hip arthroscopic procedures in the world. Mr Villar was the Founding President of the International Society for Hip Arthroscopy and is a Surgical Team Leader for the UK Disaster Emergency Response. He specialises in adult hip and knee surgery with particular interest in bone and cartilage transplantation, complex joint replacements, hip arthroscopy and sporting injuries.
**PHYSIOTHERAPISTS**

**SHARON PARSONS (BAPPSC (PHYSIO), GRADDIP (MANIPPHYSIO))**

Physiotherapist and Clinical Manager

Sharon is a proud founding member of the physio team at UAR and worked in Physiotherapy and Sports Medicine for over 25 years. She was a director of a successful practice in Australia working in Surgical Orthopaedic rehabilitation. During this time, she worked with international teams in the fields of hockey, football and athletics. Sharon has a special interest in shoulder rehabilitation, clinical Pilates and also has special skills to assist women post breast surgery and in cancer recovery. Sharon supports the Dubai rugby scene and personally enjoys competitive yacht racing, surfing and swimming.

**KELLY ROBINSON (BSC (HONS) (PHYSIO))**

Physiotherapist and Service Manager

Kelly graduated in Physiotherapy in 2003 and after a few years in the NHS, has spent 10 years working in top private practice and sports clinics in London. She has worked alongside professional teams and athletes, predominately in rugby, athletics and skiing, working in France with the GB and British Army Ski Teams. Kelly combines hands on treatment with Pilates based rehabilitation, to ensure her patients are not just treated but cured! Kelly plays a lead role heading up our Physiotherapy team and developing new services and clinics.

**JACQUELINE ELEY (BPHTY (HONS))**

Physiotherapist and Clinical Pilates Instructor

Jac has over 20 years’ experience as a physiotherapist in Australia, England, Singapore and Dubai, treating a range of injuries of world class and recreational athletes; occupational and lifestyle overuse injuries; and rehabilitation of surgical patients. This has given her the clinical skills to understand the biomechanics and root causes behind injury or pain, to ensure that correct manual therapy techniques are used, appropriate exercises prescribed and ergonomic or lifestyle changes made. Jac uses Pilates for injury rehabilitation and performance enhancement to compliment her manual therapy.
CIARA WHITE (BSC (HONS) (SPTREHAB), MSC (PHYSIO))
Physiotherapist and Clinical Pilates Instructor

After graduating Ciara began working in a large NHS trust in the UK gaining experience in all aspects of physiotherapy. Following this Ciara spent time working in the private sector within a high performance academy, assessing, treating and managing injuries of Olympic and high level athletes. Ciara has provided treatment and pitch side support for several rugby, football & AFL teams in the UK, Ireland and more recently in the UAE. Ciara has a keen interest in sport and the outdoors. She enjoys keeping fit through running, cycling and strength & conditioning.

MICHAEL MEFO (BSC (HONS) (SPT&EXSC), MSC (PHYSIO))
Physiotherapist

Michael’s extensive experience in private sports injury clinics and NHS in the UK, Australia and Abu Dhabi allowed him to broaden his scope of practice and develop a variety of evidence-based treatment techniques. His approach is underpinned by a thorough assessment, aimed at discovering underlying causes of a condition, working closely with patients to implement the most effective rehabilitation strategy, promote full function and improve performance. His special interests are sports injuries, golf-specific injuries, musculoskeletal and orthopaedic conditions, and post-surgical rehabilitation.

CHARLENE O’LEARY (BSC (HONS) (SPT&EXSC), MSC (REHABSC))
Physiotherapist and Clinical Pilates Instructor

Charlene graduated with a MSc in 2009 and started working in the private practice sector in London with professional sports teams. She has worked alongside professional sports team predominantly netball and football and provided physiotherapy at major sporting events including the Glasgow Commonwealth Games 2014. Charlene completed Pilates training with the APPI allowing her to combine her manual therapy and Pilates for injury prevention and performance enhancement as well as providing individualized specific patient programs. Her keen interests are musculoskeletal and orthopaedic conditions especially of the hips, shoulders and spine.
CHRISTINE FLYNN (BSC (PHYSIO), MSC (SPT&EXMED))
Physiotherapist and Clinical Pilates Instructor

Christine graduated in 2006 from University College Dublin before completing her Masters in Sports and Exercise Medicine in 2008. She has worked in musculoskeletal physiotherapy for over a decade, alongside high level hockey and rugby teams. Following a move to London, Christine found her key area of interest was functional rehab. She underwent extensive Clinical Pilates training and joined a well-established private practice on Harley Street. Here she treated a wide range of musculoskeletal conditions and contributed to the Pilates and ergonomics services. In her spare time she enjoys keeping active and travelling.

HANNAH WILKINSON (BSC (HONS) (PHYSIO), MCSP, APPI, PGDIP (SPT&EXMED), SPINAL MANUAL THERAPY)
Physiotherapist and Clinical Pilates Instructor

After completing her degree in 2009, Hannah worked at James Cook University Hospital, managing post-surgical/trauma to outpatients. She also practiced as an outpatient physiotherapist at Teesside Physiotherapy Clinic, managing sporting, occupational and chronic injuries. In Dubai, Hannah has worked with the women’s UAE 7s rugby team and specialised in the field of running performance, becoming a prominent member of the Run Clinic. Hannah completed her postgraduate diploma to further specialise in the field of sports and exercise medicine and is qualified in APPI matwork Pilates.

RENÉE KNOWLES (BHSC (PHYSIO))
Physiotherapist and Clinical Pilates Instructor

Renee has worked in both private practice and private hospitals in New Zealand, where she also worked with various sports teams and at national tournaments. She then worked in a private clinic in London for almost six years, at the same time continuing her rehabilitation, acupuncture, and women’s health (gynaecological and obstetric) qualifications. Renee has a huge passion for focused rehabilitation and movement analysis for any injury, functional Pilates, and women’s health.
KATE ROSS (BSC (HONS), MSC (PHYSIO))

Physiotherapist and Clinical Pilates Instructor

Kate graduated from University College Cork and completed her Masters at Robert Gordon University, Aberdeen, as well as postgraduate courses in dry needling and APPI Pilates. Continuing education forms a large part of her professional development, to ensure best practice is delivered to her patients. As a clinician, Kate has a strong focus on manual therapy, clinical Pilates based rehabilitation, exercise specific rehabilitation and pre/post-operative management. She has IRFU certification in pitch side traumatology and is team physiotherapist for the Heartbeat Tigers Rugby Team.

LEE WATKINS (BSC (HONS) (PHYSIO), CSP, AACP)

Physiotherapist

Lee gained a Sports Science degree in 2003 and a Physiotherapy first class honour’s degree in 2007. He worked in the UK, Germany and Australia within professional sport, the Ministry of Defense, NHS, private practice and the private hospital sector. Lee integrates local soft tissue treatment with whole body assessment and treatment, to restore balance and improve ability above pre-injury levels. His specific skills include acupuncture, dry needling, instrument assisted soft tissue mobilization and running re-education, with keen interests in running, rugby, tennis, football, cricket and snowboarding.

CLARE BROWN (BAPPSCI (PHYSIO), MA (HEALTH SCIENCE) (SPORTS PHYSIO))

Physiotherapist and Clinical Pilates Instructor

Clare has been a physiotherapist, clinical educator and presenter specialising in sport for 20 years. She has worked extensively in football, cricket and water polo, and was Australian Team Physiotherapist at the 1998 and 2002 Olympic Winter Games, and the 2004 Olympic Summer Games. Clare has expertise in rehabilitation programs for hip, groin and knee, particularly in relation to football and running injuries, and also enjoys shoulder rehabilitation for swimmers and tennis players. Since 2005 Clare has taught Clinical Pilates and regularly incorporates it into her rehabilitation programs.
KELLY BLANE (BSC (PHYSIO), BSC (HONS) (SPT&EXSC), MSC (PHYSIO), MCSP (PHYSIO))

Physiotherapist

Kelly is a dedicated physiotherapist from South Africa with 10 years’ experience. She moved to Dubai in 2012 and worked as Senior Outpatient Physiotherapist, Deputy Rehabilitation Manager and OPD Physiotherapy Manager at the Dubai Neuro Spinal Hospital. She has supervised students, lectured at events and worked at running and cycling events. Manual therapy and exercise therapy are Kelly’s treatments of choice, and her specialties are neurodynamics, post-operative rehabilitation and injury prevention. Kelly has a special interest in cervicogenic headaches and post-whiplash injuries.

RACHAEL CHADWICK (BSC (HONS) (PYSIO), PGCERT (PHYSIO))

Physiotherapist

Rachael graduated in 2000 with a Physiotherapy degree from UWE, Bristol, UK and worked for the NHS in hospitals, clinics and community settings, followed by private work in West Africa and the UK. She has completed several postgraduate courses including an Advanced Bobath course and Movement Science module, and is studying towards a UK postgraduate diploma in psychology. Having worked in neurological rehabilitation for over twelve years, her special interests are the treatment and management of Stroke and Multiple Sclerosis amongst other neurological conditions.
OSTEOPATHS AND CHIROPRACTORS

DAVID EAKINS (MOST, MSC, SMEH)
Osteopath

David's interest in osteopathy was sparked during his time as an international field hockey player for Ireland. After qualifying as an osteopath from the British College of Osteopathic Medicine, he completed an MSc in Sports Medicine, Exercise and Health from University College London. David's focus is on the mechanics of the body, to restore function, prevent and treat injury, and optimize performance. He uses specific techniques to suit individual needs, including: soft tissues release, joint mobilization and manipulation, and may use dry needling to complement treatment.

NAOMI HART (BOST)
Osteopath

Naomi graduated from the British School of Osteopathy in 2006 with distinction. She has received world class training from some inspiring osteopaths which she has combined with years of broad clinical experience and a deep understanding of treating sports people and babies. Naomi is a firm believer in educating and empowering patients to engage in their own functional recovery. She has a love of long distance swimming, having competed in numerous long-distance races. Naomi also enjoys golf, scuba diving, general fitness and cooking.

PAUL CHEUNG (DC, ICCSP, FBCA, MRCC, RGCC)
Chiropractor

Paul is highly-experienced, hands-on and with a specialist interest in sports-related injuries. He has worked extensively as team clinician in Formula 1, notably with four-times double world champions, Red Bull Racing. Also included in his portfolio is the London Olympics in 2012, Premiership and Championship level football over a 15-year period. Apart from sports-based work, Paul enjoys looking after his diverse client base including the young and the elderly. His goal is to get rid of pain, improve health and wellbeing, so everyone can be at their best.
PERFORMANCE TEAM

TAIF DELAMIE (BSC (SPORTS SCIENCE & HEALTH), CSCS, PGDIP (SPT&EXMED), CERT. (STRENGTH & CONDITIONING SPECIALIST))

Strength and Conditioning Coach and Service Manager

Taif achieved a first class honours degree in Sports Science and Health from Dublin City University in 2008. He is an ex-international rugby player, competing for the Arabian Gulf squad in the 2009 Rugby 7’s World Cup and captaining the Arabian Gulf 15’s in the 2011 World Cup qualifiers. Taif worked at Sports Medicine Ireland for over four years, training athletes, teams, junior squads, Olympians and sedentary people from non-sporting backgrounds. His special interests are sports specific functional training and rehabilitation, and maintaining and improving fitness despite injury.

PHIL ELDER (BPHED, PGDIP (SPORTMED), ACE)

Strength and Conditioning Coach and Lead Sport Scientist

Phil has an extensive background academically and physically, initially completing a degree in Physical Education at the University of Otago and then a Postgraduate Diploma in Sports Medicine, more recently becoming an American Council Certified Trainer. He played football in New Zealand’s premier division for a number of years before moving to Dubai. Phil is constantly learning, bringing together multiple facets of health and performance, as he believes his clients deserve the best, to assist their development of a lifetime of healthy success.

LOUISA GROSVENOR (BSC (HONS) (EXPHYS&HEALTH), DIP (SPORTS & REMEDIAL MASSAGE THERAPY))

Sports Massage Therapist

After qualifying as a Soft Tissue Massage Therapist, Louisa worked in London’s private health sector, supplying deep tissue and sports massage to help clients achieve full recovery and fitness. Louisa has worked with top professional athletes to provide pre and post-match recovery treatment, including the Australian Rugby team, Olympic lightweight boxers and World Champion Jiu-jitsu fighters. She also enjoys working at charity events such as the London Marathon and charity rugby tournaments.
VINCENT MAYNARD (BSC (SPORT REHABILITATION))
Strength and Conditioning Coach
Vincent graduated with a degree in Sport Rehabilitation from St Mary’s University, London in 2010. He then worked at a Conference Premier Football Club as Sport Rehabilitator, providing match and training day care. Moving to Dubai in 2013, he worked as an Athletic Therapist providing athletes, sports professionals and gym members with injury assessment, rehabilitation and movement analysis to optimize sporting performance.

Vincent approaches every client with the focus of improving their life and achieving their goals. His special interests are golf, wakeboarding, football, tennis and trail running.

DALTON TUCKER (CERTIFICATE III & IV IN PERSONAL TRAINING (REPS LEVEL 3))
Personal Trainer
Dalton spent six years in Australia as a professional athlete and coach. During these years, being coached by some of the industry’s leaders and completing his studies with the Australian College of Sport and Fitness, he developed a sport specific and functional approach to training. Each exercise he prescribes is linked to improving performance in a particular sport, or to improve the quality of everyday life. Dalton prides himself in creating relationships with his clients to guide them, keep them motivated and enjoy their road to a fitter, stronger and healthier self.

ELIANE GITANI (CERTIFICATE III & IV IN PERSONAL TRAINING (REPS LEVEL 3))
Personal Trainer
Eliane spent fifteen years working around the world before moving to Dubai. She was determined to stay fit and healthy, so completed her studies with the Australian Institute of Fitness in 2012. Eliane is a REPs Level 3 Personal Trainer and a certified pre and post-natal coach, with a special interest in Women’s Health. She has developed a unique approach to training, making her sessions functional, fun, challenging and diverse. This provides Eliane’s clients with an interesting and effective training experience, whilst at the same time meeting and achieving their goals.
NURSING TEAM

MARIE FLEMING (DIP (DIABETES, CORONARY HEART DISEASE & ASTHMA))
Lead Nurse

Marie graduated in Nursing in London in 1979. In the UK, she worked in the NHS specialising in Critical Care for more than 20 years, and General Practice for 10 years. Marie then attained Diplomas in Critical Care, Diabetes, Asthma and Coronary Heart Disease. Relocating to Dubai in 2008, she has been part of the UPANDRUNNING team since the beginning. Marie plays a lead role heading up the nursing team and is also Patient Service Manager.

SUE GILES
Registered Nurse and First Aid Instructor

Sue relocated to Qatar in the early 1980s and worked in orthopaedic theatre at Hamad General Hospital. Moving to Dubai in 1996, she worked as a school nurse for 10 years before becoming interested in first aid training. Sue became an instructor with St John in the UK then with First Aid International more recently. She now combines her love of orthopaedics with teaching first aid at UPANDRUNNING. Sue has a keen interest in all sports, specifically triathlon, cycling and running.

FRANCES TROWELL
Registered Nurse and First Aid Instructor

Frances moved to Dubai in 2014 with her husband and youngest son. She trained at Guy's Hospital, London where she qualified as a Registered Nurse in 1988. Here, she worked in orthopaedics before eventually becoming a Clinical Nurse Specialist in palliative nursing for over 15 years at St Christopher's Hospice. Outside her daily nursing work, Frances also teaches first aid.
CAROLINE LEE
Registered Nurse and First Aid Instructor

Caroline graduated from University College Dublin, Ireland, and has over 20 years extensive medical, surgical, midwifery and public health nursing experience in Ireland, England, Australia and the UAE. She specialized in community health nursing, caring for the varied health needs of the whole population spectrum before moving to Dubai in 2009. Caroline worked in the education sector as a school nurse before joining the UPANDRUNNING team. She has a personal interest in all sports particularly running and is involved in the management of her sons’ local rugby team.