

# DIRECTOR BIOGRAPHY

## Paula Clayton



Sport and British Athletics between 2003 and 2014. She has travelled extensively to Olympic Games (Athens, Beijing & London), Commonwealth Games, World and European Championships with GB track and field as part of the medical team during this time.

Prior to 2003 Paula worked in Premiership and Championship football for 4 years. She has taught on two sports therapy degree programmes, delivered sessions to MSc students and sports medicine students, written a number of articles and has an MSc in Physiotherapy and an MSc in Sports Injury Management. Paula also delivers soft tissue master-classes to senior physiotherapists and soft tissue therapists within premiership and championship football clubs, National Governing Bodies and to soft tissue therapists nationally and internationally through her company [www.stt4performance.com](http://www.stt4performance.com) and is the author of a book entitled 'Sacroiliac Joint Dysfunction and Piriformis Syndrome: The Complete Guide for Physical Therapists' (due for release later this month).

Paula also runs very successful sports injury clinics in Shropshire (established in 1994) and Worcestershire with her husband Rick.

Member of the Health Care Professions Council, Chartered Society of Physiotherapy, Sports Massage Association (Director), The Association of Chartered Physiotherapists in Sports and Exercise Medicine.