

^sDIRECTOR BIOGRAPHY

Andy Stanbury



Andy gained BSc (Hons) in Sport and PE from Cardiff Metropolitan University before pursuing a career in Soft Tissue Therapy (STT), qualifying as a Level 4 Sport and Remedial Massage Therapist in 2003. Andy has spent 16 years working as a therapist in High Performance Sport, holding positions as Senior STT and Technical Lead at the English Institute of Sport, working across multiple Olympic and Paralympic sports including, British Swimming, GB Rowing, GB Hockey, British Canoeing. He was also part of Team GB at the 2012 Olympic Games, supporting British Swimming.

Andy has spent 8 years in professional football with Reading FC and Swansea City FC and Man City WFC as well as additional roles working at the AELTC during the Wimbledon Tennis Championships and Surrey CCC.

Having made the decision to move away from sport to spend more time with family, Andy moved full time into private practice where he spent 2 ½ years as Head of STT at Pure Sports Medicine in London, overseeing a team of therapists as well as delivering clinically from one of their city clinics.

Andy, now works at One Physiotherapy in Reading as Senior STT where he also leads on their Business Development. He has a special interest in ScarWork Therapy, Lymphatics as well as pursuing further qualification in Oncology Massage.