

## Dr Christopher Bramah



Dr Chris Bramah is a lecturer in physiotherapy, researcher in biomechanics and clinical physiotherapist. His work and research focuses on clinical applications of biomechanics to inform injury causation, rehabilitation practices and sports performance with a focus on running related injuries. Chris' PhD focused on biomechanical contributors to running related injuries and the use of gait retraining interventions. His current work focuses on the biomechanical contributions to hamstring strain injuries. He has spent over 10 years working in Rugby League and Track & Field working for British Athletics and Team GB. He currently works at the Manchester Institute of Health & Performance providing consultancy rehab and biomechanics services to a range of clients in elite sports including Football, Athletics and Rugby