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Key Publications

1. [What Supplements Do Fitness and Nutrition Experts Take?](#)
The Times & The Sunday Times
2. [Sports Injuries: Doctor, Have You Got Anything for Runner's Boob or Rower's Bum?](#)
The Times
3. [How to get rid of shin pain/shin splints running and what causes it. Sports Doctor & Physio explain](#)
Video – YouTube: Lucy Macdonald Physiotherapist - Octopus Clinic
4. [Anterior Knee Pain - hints and tips](#)
Video – YouTube: BASEM Education