

Dr Nicola Phillips Biography



Nicola is a Fellow of the Chartered Society of Physiotherapy and Director of Innovation and International at Cardiff University's School of Healthcare Studies. She completed her MSc in Sports Injury and Therapy at Manchester Metropolitan University and her PhD on Functional Coping in ACL Deficiency at Cardiff University.

Nicki has travelled as Physiotherapist to 7 Commonwealth Games, 3 Olympic Games and 2 Pre-Olympic Preparation Camps with Team Wales and Team GB respectively, and volunteered at the London Olympic and Paralympic Games.

As part of her University post she has a consultancy role with Sport Wales and also continues to hold some private practice clinic sessions. Her main clinical and research interests are in neuromuscular control and functional rehabilitation of knee, ankle and shoulder injuries in sport. Nicki is currently President of the International Federation of Sports Physiotherapy.