

Dr Natalie Shur MBChB, BMedSci(Hons), MRes, MRCP(UK)
Sport and Exercise Medicine Specialist Registrar
Clinical Research Fellow
The University of Nottingham

Natalie graduated from the University of Edinburgh with Honours in Medicine in 2012 and also undertook an intercalated degree (1st Class) in sports science. After graduation she was successful in securing a position on the Academic Foundation programme and subsequently an Academic Clinical Fellowship in Sport and Exercise Medicine in the East Midlands deanery in 2014.



She is currently undertaking a PhD with the University of Nottingham investigating the effect of immobilisation (comparing an acute and chronic bed rest model) and injury (using an ankle fracture model) on muscle metabolic health in Prof Paul Greenhaff's laboratory.

Natalie has won several scholarships and awards for her work including the Wolfson Intercalated Honours Research Scholarship; Vivien Lane Scholarship, European Society for Clinical Nutrition and Metabolism Research Fellowship; Winner of a Young Investigator Award at the European College of Sport Science (ECSS) Congress in 2019 and will represent the ECSS as a delegate on exchange to Japan for work conducted during her PhD.