

Mr Paul Muckelt
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Paul is a Research Fellow within the Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis and the Faculty of Health Science, University of Southampton. Paul Graduated from Chichester University with an undergraduate (Hons) degree in Sports Therapy and a Master's degree in Sports and Exercise Biomechanics.



Before starting with Southampton University, Paul was an intern within the Centre, assisting on a number of PhD projects investigating the use of the Hip and Lower Limb Movement Screening Tool in youth football player. Paul has previously worked as a research assistant and associate lecturer at Chichester University, and as a therapist for Portsmouth Football Club Academy.

Paul's interests include; The biomechanics of movement and physiology of motor control; understanding the implementation and uses of Movement Screening tools; the importance of physical activity and the barriers to adherence and participation; prevention and rehabilitation of Musculoskeletal injuries; the use of Myoton and ultrasound imaging in understanding muscle characteristics and health in various populations.