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Thomas Balshaw graduated with a BSc (Hons) in Exercise Science from the University of Cumbria (2006-09) before pursuing a Neuromuscular Physiology-focused PhD (2009-13) at the University of Stirling. He was appointed as a Post-doctoral Research Associate at Loughborough University in 2014 and worked on numerous research projects supported by Versus Arthritis and industry funding prior to accepting his current lectureship role at Loughborough University (2021).

Thomas' research aims to examine the efficacy of novel resistance training-based interventions, and investigate the underpinning nervous system, skeletal musculature, and tendinous tissue adaptations following such interventions for the purposes of enhancing function, informing exercise prescription/rehabilitation practices, and injury prevention.