

Kieran Lunt
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Kieran graduated from the University of Exeter with first class honours in Exercise and Sport Sciences in 2018. He then completed an MSc in Exercise Physiology at Loughborough University. During this time, he achieved the grade of distinction and was awarded with the 'project prize' for the best dissertation within his cohort. His dissertation project, which explored thermoregulation in athletes with a spinal cord injury has since been published within the Journal of Science and Medicine in Sport.

Kieran is now a PhD student at the University of Bath, where his work focuses on elucidating the biological and neuromuscular adaptations to blood flow restriction training in UK military personnel with chronic knee pain.

