

Dr Matthew Stride

Education and Qualifications

- Undergraduate medical education (Bachelor of Medicine and Bachelor of Surgery) was at Imperial College, London with an intercalated BSc in Exercise Physiology.
- Masters in Sports science (with distinction).
- Fellow of the Faculty of Sport and Medicine and entry on GMC Specialist Register.
- Post Graduate Certificate in Musculoskeletal Ultrasound and is an ACSEM qualified Clinical Exercise Prescription.
- Part of the FIFA Medical Network and holds a diploma in Football Medicine.

Previous and current work

- Founding doctor and lead case manager at Isokinetic London.
- Medical officer to Sport Relief and the Chief Medical Adviser to Knight Scientific.
- Previously a Consultant in Sports Medicine and Rehabilitation medicine in Complex Trauma at Defence Medical Rehabilitation Centre, Headley Court.
- Former Club Doctor to Brentford FC from 2008-2018 and at Chelsea FC academy in 2010-12.

Clinical Interest areas

- ACL knee injuries, muscle strains and tendinopathy.
- Specialist expertise in chronic fatigue syndrome, exercise intolerance and overtraining.

Research and Publications

BOOKS

Stride M Contributing author - **Brukner and Khan's Clinical Sports Medicine: Injuries Volume 1 5e**

Stride M, Tsapralis K, Roi GS. Return to Play after Achilles tendon surgery. *Football Medicine Strategies for Muscle and Tendon Injuries*. p143. ISBN 978-88-6028-358-0



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Stride M, Buckthorpe M, Carlotti C, Roi GS. On field tricks for return to play: Sport Specific Movements. *Football Medicine Strategies for Muscle and Tendon Injuries*. p268. ISBN 978-88-6028-358-0

PAPERS

Buckthorpe M, Danelon F, La Rosa G, Nanni G, Stride M, Della Villa F. Sports Med. 2020 Dec 17. doi: 10.1007/s40279-020-01400-x. Recommendations for Hamstring Function Recovery after ACL reconstruction.

Buckthorpe M, Stride M, Villa F. Assessing and Treating Gluteus Maximus Weakness - A Clinical Commentary. *Int J Sports Phys Ther*. 2019 Jul;14(4):655-669

Buckthorpe M, Gimpel M, Wright S, Sturdy T, Stride M. Hamstring muscle injuries in elite football: Translating research into practice. *Br J Sports Med*. 2017 Oct 18.

Stride M. Exercise in the rehabilitation of chronic disease. *BMJ* 2015

Rees JD, Stride M, Scott A. Tendinopathy; Time to revisit the role of inflammation. *Br J Sports Med* 2013 Mar 9

Stride M. The Specialty is Sport and Exercise medicine. It is time to get the balance right. Published Online. *BJSM 2012 Blog*. blogs.bmj.com/bjasm/2012/02/17

Sport and Exercise Medicine. A Fresh Approach. Musculoskeletal health. *Department of Health Document*. pp20, 46-48.

Stride M Exercise during pregnancy. Published Online *BMJ* 2011
www.bmj.com/content/343/bmj.d5710?tab=responses

Stride M. Exercise and the Chronic Kidney Disease Patient. *Br J Hosp Med* 2011 Apr;72(4):200

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