



Dan Smith BSc Phys (Hons) MCSP KCMT

Dan qualified in 1997 from the University of Liverpool and after a 3 year period in the NHS moved full time into the private sector in a London based clinic. He founded Sports and Spinal Physio in 2010 and now heads up a team of clinicians at his practice in Hutton near Brentwood.

Dan has a specific interest in human biomechanics and movement and as such his practice reflects this. "Finding and addressing underlying cause is a big part of my practice. Our movement shapes our functioning and when we move in limited ways or with limited choice (that we are often unaware of) it leads to pain and pathology. Optimizing posture and movement is key to resolving and preventing painful problems"

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