

Mia Martin

Mia is an excellent asset to us here at Equinox. She is a highly motivated individual and works exceptionally hard within her role. Mia has great relationships with her clients and finds the development of others incredibly rewarding.

Mia studied Sports and Exercise Science at Cardiff Metropolitan, achieving a first class honours degree, which specialised in physiology, psychology and biomechanics of sport. Mia continued her study with an academic scholarship to recently complete an Msc in Sport and Exercise Science, focusing on Injury Biomechanics.

In 2016, Mia joined the Equinox team and has grown from strength to strength! As a specialist Neurological Rehabilitation coach, Mia is responsible for implementing bespoke rehab programmes in a predominantly neurological field including, CP, MS, TBI alongside a broader MSK/ Polytrauma case load. These programmes typically include soft tissue work, stretching, gait re-education, aquatic therapy and gym based exercise interventions.

Mia is largely involved with Ski4All Wales and volunteers as an adaptive ski instructor weekly, which has enabled Mia to experience the symbiotic relationship of skiing and rehabilitation. Mia also had previous experience of working for a Ski company, performing computerised gait analysis to inform custom orthotic design. She recently completed advanced adaptive ski instruction in Switzerland so her help in the annual Verbier Ski Trips are invaluable.

Thank you Mia for all of your continued hard work, we don't know what we would do without you!

Further Qualifications

BASI Adaptive L2 Instructor

BASI Alpine L2 Instructor

Advanced Soft Tissue Techniques

Advanced Gait Analysis

Aquatic Therapy

Pilates Matwork & Neuro Pilates