

Ruth Morgan

Ruth has a wealth of experience which she has acquired since attaining her 1ST class BSc Honours degree in Sport Conditioning, Rehabilitation and Massage. Ruth has been able to apply her degree thoroughly working with multiple organisations, developing her skills within her career.

Ruth began as a student massage practitioner at UWIC massage clinic as a volunteer, providing effective massage on a variety of clients, including disabled athletes and individuals of specific athletic ability.

From this, Ruth progressed within the field of sports, providing the Welsh Men's and Women's senior hockey teams, the senior Welsh Rugby 7's squad and the Llanelli scarlets with her rehabilitation and massage skills to aid them with recovery.

From September 2015 – January 2016 Ruth was able to lecture in the University of Wales Trinity St David's, examining sports therapists, personal trainers and outdoor education students in their first year Anatomy and Physiology module.

Welcome to the team Ruth!

Professional Qualifications

- SPS Diploma in Sports Massage -Level 4: 2012
- Medical Acupuncture (OMT): 2015
- Advanced Medical Acupuncture: 2017
- WRU Immediate Care in Rugby Courses: 2017
- Sports Trauma Management (Lubas Medical): 2016
- Sports Taping and Strapping: 2012

Owner and Co Founder of Equinox Physiotherapy Michael Douglas; ‘