

Dr Colin Crosby MA (Oxon) FFSEM (UK) FFSEM(I) MB BS (Lond) LRCP MRCS

Dr Crosby is one of the very few full-time Specialists in Sport and Exercise Medicine in the UK and is the Medical Director of the Department of Sport and Exercise Medicine at BMI The Garden Hospital in North London.

After a first degree in Human Physiology at University College, Oxford, he read Medicine at St Mary's Hospital, London and trained as an Orthopaedic Surgeon before setting up several Sports Injury Clinics in the South East



He was the Founder of the Eastern Region of the British Association of Sport and Exercise Medicine (BASEM) and later one of the Founders and Treasurer of the United Kingdom Association of Doctors in Sport (UKADIS). He is a Fellow of the Royal Society of Medicine, and Past-President,- currently Treasurer - of its Section of Sport and Exercise Medicine

He was elected as Foundation Fellow to the new Faculties of Sport and Exercise Medicine in both Ireland and in the UK when they were formed in 2002 and 2005 respectively and he is a Specialist Appraiser for FSEM (UK). In 2010, he became a Director of the Institute of Sport and Exercise Medicine (ISEM) which is the Research Arm of the UK Faculty.

He is Visiting Senior Lecturer in Sports Medicine at the Postgraduate Medical School at The University of Hertfordshire and lectures extensively in the field to Medical, Paramedical, Coaching and Athletic/Sporting Associations in the UK and abroad. He has been Staff Tutor for the National Coaching Foundation (NCF) and a Lecturer in Anatomy of Motion and Exercise Physiology for the Physical Exercise Association of Great Britain (PEA). He was an Independent Sampling Officer for the first Doping Control Unit of the Sports Council (SC) and was Sports Medicine Consultant for the Central Council for Physical Recreation (CCPR) where he drafted the medical aspects of their report "A Charter for School Sport" which was so influential in shaping Government thinking about the place of Physical Recreation in the National Curriculum.

He is, or has been, Medical Advisor to several Companies, Gyms, Clubs and other bodies including London Weekend Television (where he oversaw the medical aspects of the popular "Gladiators" programme), Hertfordshire Fire and Rescue Service, The Luton Marathon, Middlesex RFC, Relaxion plc., Munich Re, Talbot, The Beazley Group and Canopus Underwriting Ltd. He was recently appointed by The Football Association (FA) to supervise all the Medical Insurance for the England Squad during the World Cup of 2010.

Publications include the Sports Medicine chapter of The Royal College of Physician's "Current Themes in Rheumatology Care", the Project Manual for The General Practice Exercise Referral Scheme and he is a contributing author to the newly issued "BMA Guide to Sports Injuries".

He has a longstanding interest in Spa Medicine and was Co-Founder and Secretary of The British Association of Thermal Therapy (BATH) and a member of the Medical Advisory Board of The International Spa Association (ISPA) and for the Bath Spa Millennium Project. He was Medical Director of the prestigious Champneys Group for over 20 years.

He consults at several Hospitals and Clinics in North and Central London including The Princess Grace Hospital and The City of London Medical Centre. Appointments can be made via his office (Tel/fax 020 7372 8566) or by email, cpcrosby@sportsdoc.org.uk and the website www.sportsdoc.org.uk