

# Steven Redpath

**Director and Lead Physiotherapist at Fitfor/Life Physiotherapy  
Belfast**

Belfast, United Kingdom, , GB

Director and Lead Physiotherapist at Fitfor/Life Physiotherapy Belfast

---

## Biography

I am the director and lead physiotherapist at Fitfor/Life Physiotherapy which opened in September 2013 at Virgin Active Belfast. The services on offer at my clinic have developed from my specialist interests in the fields of orthopaedic medicine (Society of Orthopaedic Medicine), Sport and Exercise Medicine (University of Wales Institute Cardiff), Sport & Body Massage (Belfast Metropolitan College) and Strength and Conditioning (UK Strength and Conditioning Association). The clinic aims to provide the highest standards of injury management, sports performance and occupational health care available to the general public, local businesses and sports clubs of Northern Ireland. The healthcare solutions on offer keep everyone in mind so please take time to browse my website- [www.fitforphysio.com](http://www.fitforphysio.com). Outside of clinical hours I continue to work extensively with sporting teams and have worked in rugby (schools cup level), cricket (interprovincial) and hockey (international) in the past 4 years. I also remain a consultant physiotherapist to Ulster Hockey where I have developed, implemented and overseen the introduction of injury prevention and strength and conditioning protocols.

---

## Industry Expertise

Health Care - Providers, Health Care - Facilities, Health and Wellness, Health Care - Services

---

## Areas of Expertise

Musculoskeletal Physiotherapy, Sport and Exercise Medicine, Orthopedic Rehabilitation, Physiotherapy, Sports Injuries, Occupational Healthcare, Sport, Fitness, Wellbeing, Healthcare

---

## Education

**University of Ulster**

Bachelor of Science (BSc Hons) Physiotherapy

**Royal Belfast Academical Institution**

---

[Please click here to view the full profile.](#)

This profile was created by [Expertfile](#).