



I qualified in 1995 from the British School of Osteopathy in London, England. Where I obtained a BSc honours degree in Osteopathy after a four year, full time, course.

I have been practicing as an osteopath, treating back pain, in Galway since 1996. Opening in the Crescent and then in 2005 moving to present location in Salthill.

In my practice of Osteopathy I am glad to see a wide range of ages and complaints.

I am in to a wide variety of sports including surfing, skiing, triathlon, athletics, and yoga to help me be able to do the rest.

I swam across Galway bay in 2016. I completed a full Ironman in 2014 in Copenhagen in time or 12hr. I ran the Dublin city marathon in 2009 (3hrs 45mins.) and the Limerick marathon 2012. I have also completed the Connemara (1hr41min), Galway and Longford half marathons. I raced in Ireland's first half Ironman 70.3 in Galway 2011, Mallorca 2017, Elsinore 2018 and many olympic and sprint triathlons.

I was the secretary of the Irish Osteopathic Association from 1999 to 2008 when it merged with

Association of Osteopaths Ireland to form the Osteopathic Council of Ireland where I was the treasurer for 2008 to 2009.

I appeared on the RTE television programme Health Squad, in 2003, where I demonstrated an osteopathic treatment and have written pieces for the Irish Times health supplement.