

justin stewart

sport and rehabilitation



BA Sports Science
BA Honours Sport Science with a Specialisation in Biokinetics
(Muscular Skeletal Rehabilitation)

Specialities

Sports Injuries & Rehabilitation
Chronic Disease Management
Fall Prevention Programmes
Lower Back Pain Management
Sport & Exercise Testing & Prescription

Justin is a member of Sport and Exercise Science New Zealand and having recently arrived in New Zealand, is awaiting his accreditation as a Muscular Skeletal Rehabilitation Specialist through equivalency. Justin also has Natal Rugby Union Level 1 Coaching Award and UK Athletics Level 2 Coaching Award in Sprints and Hurdles.

Justin enjoys all kinds of sports but has a real passion for Rugby, Cricket and Athletics and in particular sprinting, having competed at a National Level as a Junior in South Africa and as a finalist in the Hampshire championship in the United Kingdom. A keen winger with a nose for the try line and slow medium right arm swing and seam bowler who enjoys accumulating runs with the bat!

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