

**Ian Entwistle**  
BHSc (Hons) PgDip



**Research specialisation:** Musculoskeletal and Neuromuscular Health

**Experience:** Current PhD candidate at Leeds Beckett University, investigating the musculoskeletal and neuromuscular health of retired rugby players, as part of the UK Rugbyhealth project.

Following graduation, practised as a Radiographer and subsequently a medical ultrasound practitioner. Progressed from the NHS to a role in the private sector as a clinical applications specialist for a large medical imaging company.

Experienced health and fitness professional and previous health facility owner.

Black belt in jiu jitsu and former national gold medallist.

**Research overview:** Working on the UK Rugbyhealth project investigating the health of retired rugby players with a focus on musculoskeletal and neuromuscular health. Physical measurements include

- a) Dual X-ray absorptiometry (DXA) to determine:
- 1) Total body composition and bone density.
  - 2) Lumbar spine bone density and vertebral fracture assessment.
  - 3) Hip bone density and structural assessment.
- b) Tensiomyography (TMG) to measure the contractile properties of muscle.
- c) Strength assessment
- d) Balance tests using the Neurocom VSR Sport.



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