

REGIONAL DIRECTOR BIOGRAPHY

Gemma Waugh

South East UK Region



Gemma trained as a sports massage therapist after gaining interest in the human anatomy while qualifying as a swimming coach.

Since becoming a sports massage therapist she has worked with a selection of rugby teams including the Royal Navy Rugby Union and League teams which has led to travelling around the world with them. Also during the 2015 rugby world cup she also helped out with the Fijian national team.

She runs her own clinic out of Portsmouth on the sunny south coast with a variety of clients including an 80-year-old who has taken up abseiling after her hip replacement.

Along with her work in clinic she has been working with United Services RFC since 2011 and also teaches first aid and has recently qualified as a Pilates instructor.