

Russ Coppack is the Clinical Research Manager on the Academic Department of Military Rehabilitation (ADMR) at the UK Defence Medical Rehabilitation Centre, Stanford Hall.

An exercise scientist specialising in the rehabilitation of military personnel, he served for 35 years in the Royal Air Force including operational tours to the Balkans, Iraq and Afghanistan. A latecomer to academia, he completed undergraduate and post-graduate education at the Manchester Metropolitan, Brunel & Portsmouth Universities, and is nearing completion of his PhD with the University of Bath.

He currently leads the Military Hip Rehabilitation Outcome Study investigating the treatment and risk factors for non-arthritic hip pain in the UK Armed Forces. Other research interests include the utility of blood flow restricted exercise in musculoskeletal rehabilitation and patient adherence to exercise. His work surrounding the use of exercise for the prevention of anterior knee pain won the overall research prize at the 2010 BASEM national conference, and in 2011 he was appointed exercise rehabilitation consultant to the British Olympic Association and English Institute of Sport Intensive Rehabilitation Unit in the lead up to the 2012 London Olympics. He was awarded the MBE for services to UK Defence Rehabilitation in the 2012 Queens New Year's Honours List.