

Prof Nat Padhiar *MSc PhD CSci FRCPodS(Lon) FHEA FFPM RCPS(Glas)*
Consultant Podiatric Surgeon & Honorary Clinical Professor

Nat was a Consultant Podiatric Surgeon at The Royal London Hospital from 1991-2011. He currently works in the private sector at the London Independent Hospital.

Nat Padhiar was a member of the Medical Services for LOCOG during the planning stages and the Clinical Lead for Podiatric Sports Medicine at The London 2012 Games and was based in the Polyclinic, Olympic Village in Stratford for the entire period of Olympic & Paralympic Games 2012.

Nat has been an integral member of the Centre for Sports & Exercise Medicine teaching staff for the past 34 years. He is an Honorary Clinical Professor, Internal Examiner, Course Director for Podiatric Sports Medicine, and Module Leader at the Centre for Sports & Exercise Medicine (CSEM), William Harvey Research Institute, Barts and The London Medical & Dental School, Queen Mary, London University.

In the last 3 decades, he has supervised over 180 research projects submitted by MSc, iBSc & PhD students in SEM. He has published extensively in peer-reviewed journals. He has given well over 300 conference presentations since 1993, in various cities in the UK and 26 other countries.

Nat Padhiar is a keen sportsman continuing to play cricket, and tennis, and taking part in endurance sports (37 marathons, 2 Ultra-marathons, and over 200 Half Marathons). In his professional capacity, he has been part of the medical team, and he has attended World Student Games (1991), Commonwealth Games (2002), Island Games (2003), Everest Marathon (1993,1995), Mongolian Sunrise to Sunset Marathon (2001-2003), Daily Telegraph/British Brain & Spine Foundation London Marathon Team (1999-2007), London Triathlon (2005) and London 2012 Olympic & Paralympic Games (2012).

He is not formally attached to professional football, rugby, or athletic clubs, but many clubs refer their sportsmen to him at his private clinics at London Independent Hospital.