

GAVIN ROUTLEDGE

Gold Medallist Osteopath, Master in Pain Management, Author, Podcast Host, Lower Back Pain and Sciatica Specialist, Sought-after Public Speaker on the topics of Pain, Health and Physical Activity.

Lower back pain is the single biggest cause of disability in the world. It is likely to cause you more disability in your lifetime than Asthma, Alzheimers, Cancer, Diabetes and Heart Disease combined

THE BACK STORY...

Gavin Routledge is an Osteopath with 30 years professional experience of lower back pain and sciatica. Gavin graduated in 1991 from the British School of Osteopathy as a Gold Medallist and is now a Vice Patron of the University College of Osteopathy (formerly the BSO). Co-author of "The Back Book" with Gavin Hastings OBE in 1996; and in 2017 the author of "Active X Backs – a long term solution to lower back pain", he is a much sought-after public speaker on the topics of pain, health and physical activity.

He is so fascinated by pain and having personally experienced 7 years of lower back pain and sciatica in his 20's, that he completed an MSc in The Clinical Management of Pain at The University of Edinburgh. Gavin is passionate about helping to move people as far from illness and pain as possible and practises what he preaches, cycling, running, swimming, body-weight and free-weight training, practising yoga and meditation (with the very rare game of extremely average golf).

As Chief Back Officer of Active X Backs in his practice in Edinburgh, Scotland, Gavin leads his team to provide both in clinic care and online consultations to individuals, health and fitness professionals and organisations looking to provide their clients with online care.



Gavin's mission is "To prevent lower back pain and sciatica, to provide rapid relief to those already suffering and to enable you to be active for life".

IDEAL FOR THESE AUDIENCES

- Health and Fitness Professionals
- Medical Professionals, Doctors (non physical therapists)
- Sports Industries and Associations
- Professionals, Business Leaders and Entrepreneurs
- Health Technology, Digital Health and mHealth Industries
- Parents, Elderly, Carers and Care Providers
- Athletes and Sports Professionals - specialising in Golf, Cycling, Curling, Kettlebell training and Yoga

TALKING POINTS

- Why he refers to himself as a "reformed osteopath"
- Finding YOUR fastest way to pain relief
- Understanding the causes of lower back pain
- How to deal with chronic pain
- Why does my lower back hurt so much?
- How and why he programmed an AI-bot to replace himself
- 6 steps to relieve lower back pain
- What is sciatica and do I have it?
- The only 2 reasons why lower back pain / sciatica keeps coming back
- Why 60% of lower back pains recur within 12 months
- How the industry thrives on you never making a long-term recovery from your pain

AS FEATURED HERE:



THE SCOTSMAN
SCOTLAND'S NATIONAL NEWSPAPER

The Herald

CONTACT DETAILS

For enquiries or to book Gavin Routledge as a guest on your podcast, please contact the Experts On Air Podcast Booking Agency info@expertsonair.fm. **EXPERTS ON AIR**

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