

Curriculum Vitae of Catherine Anne Speed

**BMedSci, BMBS, MA, Dip Sports Med, PhD, FRCP, FFSEM (I),(UK),
CCD, SFHEA**

Consultant Specialist in Rheumatology, Sport & Exercise Medicine
Professor of Sports Medicine & Human Performance

Home Address

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Cambridge
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Date of Birth: 20th September 1965

Place of Birth: Ontario, Canada

Nationality: British / Canadian

GMC Number: 3319833

CSST (Rheumatology): obtained September 1997
Fellow Faculty Sport & Exercise Medicine (Ireland) 2004
Founding Fellow Faculty Sport & Exercise Medicine (UK) 2006
Revalidated, May 2019

University Education:

Undergraduate: University of Nottingham, 1984 – 1989

Postgraduate: University of Durham, 1994 – 1997

Medial Legal Experience

I have been performing medial legal work for over 15 years and have prepared over 250 reports.

In addition, I have acted as a Musculoskeletal Specialist on the Police Board Medical Appeals Panel.

I have completed Bond Solon Medical Legal courses in Expert in Report Writing and in Courtroom Skills.

The ratio of my reports to date is approximately 60:45:5 (claimant: defendant).

Qualifications:

- **B Med Sci** (First Class Honours), University of Nottingham, 1987.
- **BM BS**, University of Nottingham, 1989
- **MRCP** (UK), January 1992
- **Diploma in Sports Medicine**, (with distinction), Society Of Apothecaries 1997
- **PhD** (Exercise Physiology/Bioengineering), University of Durham 1998
- **FRCP** (UK) Royal College of Physicians, London, UK 2002.
- **FFSEM(I)** (Fellow of Faculty Sports & Exercise Medicine),
Colleges of Surgeons & Physicians of Ireland, December 2004.
- **MA** (University of Cambridge), January 2005.
- **FFSEM (UK)**, September 2006.
- **International Certificate of Clinical Densitometry (CCD)**, International Society of Clinical Densitometry, March 2011.
- **Senior Fellow, Higher Education Academy**, September 2017.

Roles and Responsibilities

Current Posts

Director, Cambridge Health and Performance. and Consultant Clinical Lead,
Cambridge Centre for Health and Performance (The Progress Clinic), Cambridge, UK

Substantive Professor of Sports Medicine and Human Performance, Cardiff
Metropolitan University, Cardiff UK.

Lead Physician, The Fortius Clinic, London

Director, Cambridge Medical Education.

Chief Medical Officer, GB Badminton

Additional Roles and Responsibilities

Consultant Adviser, Health and Human Performance, Google

Member, Scientific Advisory Board, HEEL, Germany

Member, Sport Committee, University of Cambridge

Other Recent Roles and Responsibilities

Appraiser and Appraisal Committee Member, Faculty of Sport & Exercise Medicine, UK, 2009-2019

Senior Physician
English Institute of Sport, 2002 - 2017

Professor of Sports Medicine
University of St Mark & St John
Plymouth, UK, 2016-2017

Senior Physician to Middlesex County Cricket Club,
The Lords Ground, London. 2008 – 2016.

Team GB Physician Rio Olympic Games, Brazil, 2016.

Examiner Intercollegiate Faculty of Sports & Exercise Medicine (a Faculty of the Royal College of Physicians of London and the Royal College of Surgeons of Edinburgh) Diploma Examination. 2010-2016

Visiting Professor of Sports Medicine
University College Suffolk 2012-2016.

Principal author and Senior Tutor, Soft Tissue Injuries, European League Against Rheumatism (EULAR) International Diploma in Rheumatology 2009-2014

Consultant in Rheumatology, Sport & Exercise Medicine, Cambridge University Hospital, Cambridge. 2005-2012

Faculty Member & Tutor British Society of Rheumatology Advanced Training in Musculoskeletal Diagnostic Ultrasound

Lecturer, MSc in Sport & Exercise Medicine, UCL, London

Physician, London 2012 Olympic Games Polyclinic, London 2012.

Chief Medical Officer, GB Squad Athlete Holding Camp
British Olympic Association, Beijing Olympics, China 2008.

External Examiner University of Nottingham Diploma & MSc in Sports & Exercise Medicine. 2005-2010.

Member, RCP Working Party on Sports & Exercise Medicine, Royal College of Physicians 2006-2010

External Examiner University of Bath Diploma & MSc in Sports & Exercise Medicine 2004-2008.

Co-Convenor, Sports Medicine & Soft Tissue Rheumatology Group, British Society for Rheumatology. May 2001 – 2008

Member Arthritis and Musculoskeletal Alliance (ARMA) Panel for Standards of Care for Musculoskeletal Conditions.

Physician, David Lloyd Tennis Academy, 2004-2007.

Full details of job history given below.

Special Areas of Interest:

Development and delivery of postgraduate CPD in sports medicine & applied rheumatology

Osteoarthritis

Bone health in sport

Tendinopathies

Exercise in chronic diseases

Previous Posts

June 2005-July 2012

Consultant in Rheumatology, Sport & Exercise Medicine,
Cambridge University Hospital,
Cambridge.

June 2000-May 2005:

Senior Research Associate,
Department of Medicine
University of Cambridge
& Honorary Consultant, Rheumatology, Sports & Exercise Medicine,
Addenbrooke's Hospital,
Cambridge University Hospitals NHS Foundation Trust
Cambridge.

October 2001 – September 2005

Isaac Newton Teaching Fellow
Hughes Hall
University of Cambridge

2001-2005

Lead for Musculoskeletal Medicine Teaching, Cambridge Graduate Course in
Medicine, University of Cambridge.

December 1999 – March 1999:

Locum Consultant Rheumatologist (part-time),
Addenbrooke's Hospital, Cambridge.

March –June 1999:

Locum Consultant Rheumatologist,
Bedford Hospital, Bedford.

October 1997 – May 2000:

Clinical Fellow, Rheumatology Research Unit,

Addenbrooke's Hospital, Cambridge.

October 1994 – September 1997:

ARC Clinical Fellow, Department of Bioengineering,
University of Durham.
& Rheumatology Department, South Tees Hospital, Middlesbrough.

October 1994 – September 1997:

Medical Officer
Newcastle Sports Injuries Clinic
Newcastle Upon Tyne

August 1993 – September 1994:

Rheumatology Registrar
Freeman Hospital,
Newcastle Upon Tyne.

July 1992 – July 1993:

Registrar Rheumatology & General Medicine,
Rheumatology Department,
South Tees Hospital,
Middlesbrough.

August 1990 – June 1992:

Senior House Officer, General Medicine,
Newcastle Upon Tyne Central Medical Rotation
Newcastle Upon Tyne.

February 1990 – July 1990:

House Officer, General Surgery,
Stoke Mandeville Hospital,
Stoke Mandeville.

August 1989 – January 1990:

House Officer, Professorial Unit
(Professor J Hampton & Professor J Mitchell)
Queens Medical Centre, Nottingham.

Publications

Books

Oxford Textbook of Sports Injuries. CA Speed, MA Hutson (Eds). February 2011.

EULAR Online Course in Soft Tissue Rheumatology, 2009-.2014

Best Practice & Research, Rheumatology. Regional Musculoskeletal Complaints. (CA Speed, D Hunter, Editors). 2007.

Oxford Handbook of Sports Medicine, (contributing author and chapter editor), Oxford University Press, 2007.

Soft Tissue Rheumatology. Hazleman, Riley & Speed (eds) Oxford University Press, Oxford 2003 (*Medical Book of the Year, RSM & Royal Society of Authors 2004*). and Newly Edited Book of the Year, RSM & Royal Society of Authors 2004).

Fast Facts: Soft Tissue Rheumatology. CA Speed, BL Hazleman, S Dalton. Health Press, (2nd edition, October 2006) .

Fast Facts: Soft Tissue Rheumatology. CA Speed, BL Hazleman, S Dalton. Health Press, 1998 (1st edition).

Chapters:

Speed CA. Sports Injuries. In: ABC of Rheumatology. Adebajo A (ed). BMJ Books. 2018.

Speed CA. Sport & Exercise Medicine. In: Firth J et al. Oxford Textbook of Medicine 2017.

Speed CA. Inflammation in tendon disorders. Paul Ackermann and David A. Hart (Eds): Metabolic Influences on Risk for Tendon Disorders, Adv Exp Med Biol, 2016; Vol. 920,978-3

Speed CA. The Pelvis, Groin and Thigh. IN: Watts, Conaghan and Denton (eds). The Oxford Textbook of Rheumatology, OUP, 2013.

Speed CA. Sports Injuries. In: ABC of Rheumatology. Adebajo A (ed). BMJ Books. 2003. & 2009 (4th edition).

Speed CA. Neck and Arm Pain. In: ABC of Rheumatology. ML Snaith (ed). BMJ Books. 2003 and 2004 (3rd edition).

Speed CA. Back Pain. In: ABC of Rheumatology. ML Snaith (ed). BMJ Books. 2004 (3rd edition).

Chapters in The Oxford Textbook of Sports Injuries. Speed CA, Hutson MA (eds). Oxford University Press, 2008.

- Speed CA. Management of Sports Injuries: Pharmacological Approaches.
- Speed CA. Management of Sports Injuries: Injection therapies.
- Speed CA. Management of Sports Injuries: Therapeutic modalities
- Speed CA. Medical Issues in the Female Athlete.
-
- Speed CA, Wallace A. Shoulder Injuries.
- Speed CA, Wallace A. Elbow & Forearm Injuries.
- Speed CA. Haddad F. Hip, Groin and Thigh Injuries.
- Speed CA. Haddad F. Knee Injuries
- Speed CA. Ribbans WJ. Lower Leg Injuries.
- Speed CA. Ribbans WJ. Ankle Injuries.
- Speed CA. Ribbans WJ. Foot Injuries.
-
- Speed CA. Sport Specific Injuries: Badminton.
- Speed CA. Sport Specific Injuries: Tennis
- Speed CA. Sport Specific Injuries: Squash
- Speed CA. Sport Specific Injuries: Cycling
- Speed CA. Sport Specific Injuries: Golf

Chapters in The Oxford Textbook of Soft Tissue Rheumatology. BL Hazleman, GP Riley, CA Speed (eds). Oxford University Press. Oxford, 2004.

- Speed C. Classification of Soft Tissue Disorders.
- Speed C. Special Groups
- Speed C. Soft Tissue Injuries in Sports.
- Speed C. Injection therapies.
- Speed C. Therapeutic modalities
- Speed C. The Shoulder.
- Speed C. The Elbow & Forearm.
- Speed C, Hackney RG. The Hip Groin and Thigh.
- Speed C, Holloway GN. The Lower Leg.
- Speed C, Robinson AHN. The Foot.
- Speed C, Robinson AHN. The Ankle.

O' Gradaigh D, Speed CA, Crisp AJ. Avascular necrosis of bone and related conditions. In: Oxford Textbook of Medicine, 5th Edition. Warrell DA, Cox TM, Firth JD [Eds.] Oxford University Press, In press.

O' Gradaigh D, Speed CA, Crisp AJ. Avascular necrosis of bone and related conditions. In: Oxford Textbook of Medicine, 4th Edition. Warrell DA, Cox TM, Firth JD [Eds.] Oxford University Press, 2003.

Speed CA, Hazleman BL. Soft Tissue Disorders. In: Dieppe PA, Wolheim FA, Schumacher HR (eds). Classic Papers in Rheumatology. Dunitz Publishers, London, 2002.pp325-345.

Speed CA. Soft Tissue Rheumatism. In: Gaston JSH (ed) The Year in Rheumatic Disorders 2001. Clinical Publishing Services. Oxford. pp 273-302.

Watts R & Speed CA. Vasculitis: Giant Cell Arteritis. In: Gaston JSH (ed) The Year in Rheumatic Disorders 2001. Clinical Publishing Services. Oxford. pp 242-250.

Theses/Dissertations

Speed CA. Self Paced Stepping and Stair Climbing in Exercise Testing. B Med Sci Thesis. Nottingham University, 1987.

Speed CA. Strength, muscle fatigue and strength training in rheumatoid arthritis. PhD Thesis, University of Durham, 1998.

Speed CA. The Assessment of Forearm Muscle Fatigue by Power Spectral Analysis of the Surface Myoelectric Signal. A Description of the Technique and Potential Applications to Sport. Dissertation, Diploma in Sports Medicine, Society of Apothecaries of London, April, 1997.

Papers

Speed C. Inflammation in tendon disorders. *Adv Exp Med Biol.* 2016;920:209-20.

Scott A, Backman L, Speed C. Tendinopathy. Update on pathophysiology. *J Orthop Sports Phys Ther.* 2015 Sep 21:1-39.

Speed C. Acupuncture's role in tendinopathy: new possibilities. *Acupuncture in Medicine,* 2015 *Acupunct Med.* 2015 Feb;33(1):7-8.

Speed CA. Soft tissue Disorders of the Foot and Ankle: The Achilles tendon and Plantar fascia. *Indian Journal Rheumatology.* 2014 9; S37-41.

Speed C, Wolfarth B. Challenges of pain masking in the management of soft tissue disorders: optimizing patient outcomes with a multi-targeted approach. *Curr Med Res Opin.* 2014 May;30(5):953-9.

Speed C. A systematic review of shockwave therapies in soft tissue conditions: focusing on the evidence. *Br J Sports Med.* 2014 Nov;48(21):1538-42.

Brown F, Speed C. Assessing nutritional knowledge and supplementation practices in elite badminton players. *Br J Sports Med.* 2013 Nov;47(17):e4.

González de Vega C, Speed C, Wolfarth B, González J. Traumeel vs. diclofenac for reducing pain and improving ankle mobility after acute ankle sprain: a multicentre, randomised, blinded, controlled and non-inferiority trial. *Int J Clin Pract.* 2013 Oct;67(10):979-89.

Ostör AJ, Richards CA, Tytherleigh-Strong G, Bearcroft PW, Prevost AT, Speed CA, Hazleman BL. Validation of clinical examination versus magnetic resonance imaging and arthroscopy for the detection of rotator cuff lesions. *Clin Rheumatol.* 2013 Sep;32(9):1283-91.

Speed CA. High Performance Sports Medicine. *Clin Med.* 2013 Feb;13(1):47-9. Review.

Speed CA, Campbell R. Mechanisms of strength gain in a handgrip exercise programme in rheumatoid arthritis. *Rheumatol Int.* 2012 Jan;32(1):159-63.

Speed CA. Current treatment paradigms in the management of soft tissue disorders. *Curr Med Res Opin.* 2013;29 Suppl 2:7-9.

Wolfarth B, Kapranov P, St Laurent G, Gonzalez de Vega C, Speed C. Inflammation in soft tissue disorders: the evidence and potential role for a natural multi-target medication. *Curr Med Res Opin.* 2013;29 Suppl 2:1-2.

- Speed CA, Jaques R. High Performance Sports Medicine: An ancient but evolving field. *Br J Sports Med*. 2011 Feb;45(2):81-3.
- Speed CA, Roberts WO. Innovation in high performance sports medicine. *Br J Sports Med*. 2011 Sep;45(12):949-51.
- Speed CA, Ingham S. Research in high performance sports medicine. From the bench, to the bedside, to the podium. *Br J Sports Med*. 2011 Jun;45(8):608-10.
- Speed CA. What is Sport & Exercise Medicine? *Br J Hospital Med* 2009; 70(11): 620-623.
- Juss JK, Speed CA, Warrington J, Mahadeva R. Acupuncture induced pneumothorax - a case report. *Acupunct Med*. 2008 Sep;26(3):193-6.
- [Alyas F, Curtis M, Speed C, Saifuddin A, Connell D](#). MR imaging appearances of acromioclavicular joint dislocation. *Radiographics*. 2008;28:463-79.
- Speed CA. Injection therapies for soft-tissue lesions. *Best Pract Res Clin Rheumatol*. 2007 Apr;21(2):333-47.
- Hunter D, Speed CA. The assessment and management of chronic hamstring/posterior thigh pain. *Best Pract Res Clin Rheumatol*. 2007 Apr;21(2):261-77.
- Speed C. Exercise-related menstrual dysfunction: implications for menopausal health. *Menopause Int*. 2007 Jun;13(2):88-89.
- Speed CA. Exercise Prescription. *Practitioner* 2008
- Speed CA. Exercise in Rheumatoid Arthritis. *Geriatric Medicine* 2008.
- Speed CA. Exercise and menstrual function. *BMJ*. 2007 Jan 27;334(7586):164-5.
- Speed CA. Shoulder Pain, *Clin Evid*. August 2006.
- [D'Vaz AP, Ostor AJ, Speed CA, Jenner JR, Bradley M, Prevost AT, Hazleman BL](#). Pulsed low-intensity ultrasound therapy for chronic lateral epicondylitis: a randomized controlled trial. *Rheumatology* (Oxford). 2006 May;45(5):566-70.
- Speed CA, Crisp AJ. Referrals to hospital-based rheumatology and orthopaedic services: seeking direction. *Rheumatology* (Oxford). 2005 Apr;44(4):469-71.
- [Ostor AJ, Richards CA, Prevost AT, Speed CA, Hazleman BL](#). Diagnosis and relation to general health of shoulder disorders presenting to primary care. *Rheumatology* (Oxford). 2005 Jun;44(6):800-5
- Speed C. Shoulder pain. *Clin Evid*. 2005 Dec;(14):1543-60. Review

Speed CA. Sports and exercise medicine and rheumatology. *Rheumatology* (Oxford). 2005 Feb;44(2):143-4.

Ostor AJ, Richards CA, Prevost AT, Hazleman BL, Speed CA Inter-rater reproducibility of clinical tests for rotator cuff lesions. *Ann Rheum Dis*. 2004 Oct;63(10):1288-92.

Speed C, Hazleman B. Shoulder pain. *Clin Evid*. 2004 Dec: (12):1619-36.

Speed C, Hazleman B. Shoulder pain. *Clin Evid*. 2004 Jun;(11):1613-32.

Speed CA. Low back pain. *BMJ* 2004; 328(7448):1119-21.

Speed CA. Extracorporeal shock wave therapy in the management of chronic soft tissue conditions: a critical review. *Journal of Bone & Joint Surgery* 2004; 86(2):165-71.

Speed CA, Bearcroft P. Rheumatological ultrasound. *Rheumatology* (Oxford). 2003 Sep;42(9):1109

Speed CA, Nichols D, Wies J, Humphreys H, Richards C, Burnet S, Hazleman BL. Extracorporeal shock wave therapy for plantar fasciitis. A double blind randomised controlled trial. *J Orthop Res*. 2003 Sep;21(5):937-40

Lillicrap MS, Byrne E, Speed CA Musculoskeletal assessment of general medical in-patients--joints still crying out for attention. *Rheumatology* (Oxford). 2003 Aug;42(8):951-4.

Speed CA. Topical Reviews: Low Back Pain. Reports on the Rheumatic Diseases. Arthritis Research Campaign. Series 5. September 2003.

Speed CA. Extracorporeal shock wave therapy for lateral epicondylitis--a double blind randomised controlled trial. *J Orthop Res*. 2003 Sep;21(5):961.

Speed CA, Hazleman BL. Shoulder pain. *Clin Evidence* . 2003,June (9).

Speed CA. Injection therapies for soft-tissue disorders. *Best Pract Res Clin Rheumatol*. 2003 Feb;17(1):167-81. Review.

Speed CA, Bearcroft PW. Musculoskeletal ultrasound (letter). *Rheumatology* 2003; 42: 158.

Speed CA, Hazleman BL. Concise Evidence: Shoulder pain. *Concise Clin Evidence*. 2002; (8):246-248.

Speed CA, Hazleman BL. Shoulder pain. *Clinical Evidence* . 2002 (7);1122-39.

Speed CA, Bearcroft PW. Musculoskeletal sonography by rheumatologists: the challenges. *Rheumatology* (Oxford). 2002 Mar;41(3):241-2.

- Speed CA, Bearcroft PW. Training in musculoskeletal sonography: report from the first BSR course. (letter). *Rheumatology* (Oxford). 2002 Mar;41(3):346.
- Speed CA, Richards C, Nichols D, Burnet S, Wies JT, Humphreys H, Hazleman BL. Extracorporeal Shock Wave Therapy for Rotator Cuff Tendinosis. A Double Blind Randomised Controlled Trial. *J Bone and Joint Surgery* (Br) 2002; 84:509-12.
- Dutton J, Bromhead SE, Speed CA, Menzies AR, Peters AM. Clinical value of grading the scintigraphic appearances of tibial stress fractures in military recruits. *Clin Nucl Med*. 2002 27:18-21.
- Speed CA, Nichols D, Burnet S Richards C, Wies JT, Humphreys H, Hazleman BL. Extracorporeal Shock Wave Therapy for Lateral Epicondylitis. A Double Blind Randomised Controlled Trial. *J Orthop Research*. 2002;20:895-8.
- Speed CA. Therapeutic ultrasound in soft tissue lesions. *Rheumatology*. 2001 Dec;40(12):1331-6.
- Speed CA, Hazleman BL. Shoulder Pain. *Clinical Evidence* 2001; 6: 945-960.
- Speed CA. Fortnightly review: Corticosteroid injections in tendon lesions. *BMJ*. 2001 Aug 18;323(7309):382-6.
- Speed CA, Hazleman BL. Shoulder Disorders. *Clinical Evidence* 2001; 5: 850-864.
- Speed CA, Hazleman BL. Shoulder Disorders. *Clinical Evidence* 2000; 4: pp 691-705.
- Speed CA, Shapiro LM. Exercise prescription in cardiac disease. *Lancet*. 2000 Oct 7;356(9237):1208-10
- Speed CA, Hazleman BL. Shoulder Disorders. *Clinical Evidence* 2000; 3:
- Speed CA. Ultrasound in rotator cuff lesions: does it work? *Hippocrates Lantern*. 2000; 7:2-7.
- Speed CA, Burnett S, Hazleman BL. Shoulder pain. *Clinical Evidence*. 1999; 2: 463-476.
- Speed CA, Hazleman BL. Calcific tendinitis of the shoulder. *N Engl J Med*. 1999 20;340(20):1582-4.
- Speed CA, Hazleman BL. Sonographic assessment of shoulder complaints in rheumatic diseases (letter). *J Rheumatol*. 1999 Oct;26(10):2282-3.
- Speed C. Stress fractures. *Clin Rheumatol*. 1998;17(1):47-51.
- Speed CA. Treating shoulder complaints in general practice. Diagnostic criteria must be used and therapeutic regimens standardised. *BMJ*. 1997 Sep 13;315(7109):681.
- Speed CA, Haslock I. Coincident seronegative spondylarthritis: a case report. *Clin Rheumatol*. 1996 May;15(3):301-2

[Speed CA, Fordham JN, Cunningham JL](#). Simultaneous bilateral tibial stress fractures in a 15-year-old milkman--a case report. *Br J Rheumatol*. 1996 Sep;35(9):905-7.

[Cunningham JL, Fordham JN, Hewitt TA, Speed CA](#). Ultrasound velocity and attenuation at different skeletal sites compared with bone mineral density measured using dual energy X-ray absorptiometry. *Br J Radiol*. 1996 Jan;69(817):25-32.

[Speed CA, Bramble MG, Corbett WA, Haslock I](#). Non-steroidal anti-inflammatory induced diaphragm disease of the small intestine: complexities of diagnosis and management. *Br J Rheumatol*. 1994 Aug;33(8):778-80.

[Haslock I, MacFarlane D, Speed C](#). Intra-articular and soft tissue injections: a survey of current practice. *Br J Rheumatol*. 1995 May;34(5):449-52

[Speed CA, Haslock I](#). Polymyalgia rheumatica, temporal arteritis and malignancy. *Postgrad Med J*. 1995 Aug;71(838):500-2.

Speed CA. Disease of the rotator cuff. Consider subacromial injection therapy. *BMJ*. 1993 Dec 11;307(6918):1559.

Speed CA. Monitoring cyclosporin treatment. *BMJ*. 1993 Feb 6;306(6874):396.

Fordham J, Speed C. Postmenopausal hormone replacement therapy. *BMJ*. 1993 Jan 23;306(6872):270.

Skeil D, Speed C. Vitamin C depletion and pressure sores. *BMJ*. 1992 Dec 5;305(6866):1433.