

kerin performance



Dublin, Ireland



Marylebone, UK

Dr. Fearghal Kerin is a highly regarded sports physiotherapist and rehabilitation expert, known for his work in managing complex injuries and supporting athletes in their return to full performance and original research.

proven **track record**

Fearghal has consistently helped athletes at all levels recover from injury and return quickly, safely, and ready to perform. His expertise is sought by athletes and teams worldwide.

"Fearghal worked with me as I recovered from surgery, in a race to get fit in time for the Copa América.

His expertise was crucial in helping me return fit, strong, and on time, and I was able to play my part as my country went on to win the tournament!"

— **enzo fernandez**
2022 FIFA WORLD CUP WINNER

"Fearghal has had a huge influence on my rugby career. I used to struggle regularly with injuries, often missing months of each season. Through his programming and guidance, Fearghal was able to get my body to a place where I could perform at my best. While working with him, I achieved the best physical condition I've ever been in."

— **josh van der Flier** -
2022 WORLD RUGBY PLAYER OF THE YEAR



work **with** kerin performance

To book an appointment, please use the Cliniko app on our website (*launching soon*):



www.kerinperformance.com

Or for enquiries, contact us at:



info@kerinperformance.com

or



via *WhatsApp* at:
+353 87 665 6845.

assessment + **rehabilitation**

We have established clinics in Dublin and London, offering a range of appointment types to assess and address the athlete's specific needs.

- Comprehensive injury assessment
- Athlete profiling in our testing suite
- Individualized rehabilitation plans
- In-person and remote options for ongoing support

team + **clinician support**

We consult on complex cases across various sports, providing tailored support to teams and clinicians.

- Expertise in complex injury cases and rehabilitation strategies
- Ongoing consultancy for managing individual athletes' recovery plans
- Workshops and CPD events

athlete **support**

Kerin Performance works with a small number of athletes, offering both remote and in-person support, in collaboration with their management teams.

- Reviewing rehabilitation plans
- Short- and medium-term injury support
- Intensive rehabilitation camps



about kerin performance

Dr. Fearghal Kerin is a chartered physiotherapist with extensive experience in elite sports. He holds a Physiotherapy degree and a Ph.D. from UCD, Dublin, along with an M.Sc. in Sports Injury Rehabilitation from the University of Salford. His work spans across multiple sports and countries, having supported Olympians, British & Irish Lions, Premier League, Champions League, and World Cup winners.

His passion is in helping athletes return to peak performance following complicated injuries. He consistently helps athletes recover quickly and safely from surgeries, as well as challenging or recurrent injuries in high-pressure situations

Kerin Performance's mission is to allow Fearghal the flexibility to support athletes at *all levels*, across teams and organisations in Ireland, the UK, and globally.