

Dr Christopher Jones

GMC 6150174

Education and Qualifications

Dr Jones is a Sports Physician who completed his masters in Sports and Exercise Medicine at University College London in 2015. He won an award for his masters research project at the BASEM Congress in 2015 for his work on 'ultrasound measurement of chest wall thickness in elite rugby players' which led to changes in acute pitch side emergency care.

He has been part of our London Isokinetic Medical Team for the past five years and is a member Isokinetic faculty for our International conference.

He qualified in Medicine from Newcastle University in 2007 and then completed his General Practice training in 2012.

Previous and Current Work

Prior to his career in sport and exercise medicine, Dr Jones worked in primary care. He believes in 'exercise is medicine' and has a good working relationship with local GP's who refer complex patients with multiple health issues.

Dr Jones has also worked in professional football in the UK for the past 6 years.

He is Club Doctor at Charlton Athletic Football Club and remains their COVID medical officer.

Clinical Interests

Dr Jones is qualified in the use of musculoskeletal ultrasound and has a keen interest in the non-surgical management of musculoskeletal injuries, in particular the rehabilitation of soft tissue injuries and the management of osteoarthritis. He has also undergone further training in biomechanics and kinetic assessment. He performs Movement Analysis Testing of our patients, in our Green Room. Here we use advanced technology and training methods to minimise re injury and to maximise recover, in particular following ACL injury.



Research and Publications

Dr Jones has recently worked as module lead for the Moving Medicine module “Paediatric Obesity”. Moving Medicine has been developed by the Faculty of Sport and Exercise Medicine (FSEM), in partnership with Public Health England (PHE) and Sport England to promote physical activity in the UK.

Dr Jones has also worked with football medical colleagues to promote the concept of an “Exit health examination” for retiring football players (<https://bjsm.bmj.com/content/53/13/788>).



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