



Dr. Luke Hughes

Post-doctoral Research Fellow in Applied
Exercise Physiology

London, England – UK

Information:

Certified Owen's Recovery Science Instructor.

Currently a Post-doctoral Research Fellow in Applied Exercise Physiology at St Mary's University, London. My post-doc research is specifically investigating the effect and mechanisms of exercise-induced hypoalgesia with blood flow restriction exercise, and the effectiveness of blood flow restriction as an exercise countermeasure to the physiological deconditioning induced by unloading. Alongside this, I work as a Clinical Exercise Physiologist at University College London Hospital conducting pre-surgery Cardiopulmonary Exercise Testing with patients within the cancer, urology and breathlessness clinics.

I gained my doctorate degree in Clinical Exercise Physiology as a collaboration between St Mary's University London and University College London Hospitals. My research focussed on the effectiveness of using blood flow restriction exercise training as a rehabilitation tool for load compromised patients. Firstly, I investigated various methodological aspects of blood flow restriction exercise to determine the most effective and safe method of application. This was followed by examination of the effectiveness, safety and feasibility of this novel training method as a post-surgery rehabilitation tool for patients undergoing anterior cruciate ligament reconstruction.

Other academic and research experience:

MSc in Exercise Physiology, Loughborough University. Research dissertation: Investigation of the effects of varying exercise intensities on monocyte subsets and serum free light chain concentration.

BSc in Sport and Exercise Science, Loughborough University. Research dissertation: The effect of IGF-1 and insulin supplementation on in vitro C2C12 myotube growth and differentiation.

Experience:

St. Mary's University, Twickenham:

- Post-doctoral Research Fellow in Applied Exercise Physiology
Feb 2019 – Now
London, UK

- PhD Research Student
Feb 2016 – Gen 2019
Twickenham, UK

Perioperative Cardiopulmonary Exercise Physiologist
University College London Hospitals NHS Foundation Trust
Dec 2018 – Now
London, UK

Honorary Researcher in Clinical Musculoskeletal Rehabilitation
Institute of Sport, Exercise and Health (ISEH)
Aug 2016 – Jun 2019
Orthopaedics Department

Clinical Physiology Researcher
Loughborough University
Feb 2015 – Sep 2015

Loughborough University:

- Programme Representative
Sep 2013 – Jun 2014
School of Sport, Exercise and Health Sciences
- Physiology Research Project
Sep 2013 – Jun 2014
SSEHS at Loughborough University
- Student's Union Councillor
Nov 2012 – Dec 2013
Student's Union Democracy

Education:

St. Mary's University, Twickenham
Doctor of Philosophy (PhD) – Applied Exercise Physiology
2016 – 2019

Loughborough University
Master of Science (MSc) – Sport and Exercise Science
2014 - 2015

Loughborough University
Bachelor of Science (BSc) – Sport and Exercise Science
2011 – 2014

Licences and Certifications:

Pre-operative cardiopulmonary exercise testing

Perioperative Exercise Testing and Training Society

Issuing date: May 2018

Postgraduate Certificate of Higher Education

Higher Education

Issuing date: Mar 2017

Certified Phlebotomy Technician (CPT)

Phlebotomy Training Services

Issuing date: Aug 2015

Publications:

Blood flow restriction training in clinical musculoskeletal rehabilitation: a systematic review and meta-analysis

British Journal of Sports Medicine – March 4th, 2017

[Read](#)

Honors and Awards:

Fellow of the Higher Education Academy

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Mar 2017

Qualified Phlebotomist

CHS (national Occupational Standard for Phlebotomy)

Mar 2016

Languages:

English: mother tongue