



# MATTHEW PAYNE

AKA. MATT

---

SENIOR BIOKINETICIST

## ABOUT ME

---

I am a senior biokineticist at SA Biokinetics, with 5 years of industry experience. I completed my internship under Jimmy Wright at Sharks Rugby.



I grew up in a small sporty town, developed a passion for people and learned that you can link people and sport.

Becoming a Biokineticist allowed me the opportunity to help people improve their health and work in the sporting world.

Through my experience, I have developed a passion for High-Performance Training, Orthopaedic and Chronic rehabilitation as well as community outreach.





## EDUCATION

---

-  B Tech Sport and Exercise Tech (TUT)
-  BSc Hons Biokinetics (Unizulu)

## UNIQUE INTERESTS & SKILLS

---

-  Spinal Analysis & Scoliosis Care.
-  High Performance Training: Surfing & Golf.
-  Post-operative Rehabilitation.
-  Diabetic Care.
-  Arthritis Long Term Planning.

## MOTTO

---

**Live your life  
unapologetically.**

