



Dr. Danica Bonello Spiteri has a unique background, being both a lifelong athlete, as well as a Sports and Exercise Medicine (SEM) specialist doctor. Having completed her medical degree in Malta, she has specialised in Leeds, UK where she has worked in a multitude of sports and sporting events, including the Olympics and Paralympic Games. She has been a doctor for the England Football Association, working with the u/17 women and u/15 men. In Malta, she works with ailments related to sports injuries and various musculoskeletal conditions, along with other sports related illness. She is also very interested in movement biomechanics especially running technique and relationship to chronic injury and reduction in performance.

Her keen interest is related to movement re-patterning in the rehabilitation of various musculoskeletal injuries, that may at times have become chronic, resulting in pain, reduced mobility and reduced quality of life, in both the young as well as the elderly.

Dr Danica is an International Triathlete, practicing her sport to a high level in her free time. She has represented Malta in Sports for over 25 years, winning various awards, namely 15th place in the commonwealth games in triathlon. She has won a number of age group medals, including gold medals, over various years.

She was the winner of the 'Sportswoman of the Year' in 2011 and the winner of the 'SportMalta Award' in 2012, along with the 'Sportsmanship Award' in 1998, and has won the Malta National Triathlon Championship for 13 years.