

Physio on-call to treat aspiring TV sports stars

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Physiotherapist Sudhir Daya helped keep the show on the road during the filming of ITV 1's three-part series Let's Get Gold, which ended its run on Saturday evening.



photo: © ITV

South African-trained Mr Daya (pictured below right) said he and osteopath Nicky Ellis were kept 'fairly busy' treating injured sportsmen and women from the 15 teams which competed for a £100,000 prize. The programme was presented by Vernon Kay and the judges included footballer Rio Ferdinand and actor Martine McCutcheon.

Team effort

Mr Daya and Ms Ellis have been teaming up on various projects for five years. They both hold classes at The Place, the contemporary dance school and studio in central London, and also ran dance tutorials for performers in Einstein on the Beach, an opera that appeared at the Barbican in May.

Mr Daya said: 'Nicky and I attended filming sessions for Let's Get Gold in mid-June. We treated anybody who was injured, whether they were contestants or members of the crew. It's not as glamorous as it might sound.'

He added that his interest in dance led him to train as a dancer once he had his physio qualification under his belt. 'It's was more of a hobby than something I did professionally,' he said.



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