

Matthew Wright
Academic
SHLS Life Sciences
Centre for Rehabilitation
Email: M.Wright@tees.ac.uk



Employment

Senior Lecturer in Biomechanics & Strength Conditioning

Academic
SHLS Life Sciences
Teesside University
1 Apr 2022 → present

Centre for Rehabilitation

Teesside University
1 Jan 2019 → present

Research outputs

Training volume and high-speed loads vary within microcycle in elite North American soccer players.

Ishida, A., Draper, G., Wright, M., Emerson, J. & Stone, M. H., 26 Oct 2023, In: Journal of Strength and Conditioning Research. 37, 11, p. 2229-2234

Elite North American Soccer Performance in Thermally Challenging Environments: An Explorative Approach to Tracking Outcomes

Draper, G., Atkinson, G., Chesterton, P., Portas, M. & Wright, M., 20 Oct 2023, In: Journal of Sports Sciences. 41, 11, 235034358.

Multi-sports training in English Soccer Academies: A survey exploring practices, practitioner perspectives, and barriers to use.

Taylor, J., Madden, J., Quigley, C. & Wright, M., 13 Oct 2023, (E-pub ahead of print) In: International Journal of Sports Science & Coaching. 17 p., SPO-23-0168.

Fitness testing in soccer revisited: Developing a contemporary testing battery

Taylor, J., Madden, J., Cunningham, L. & Wright, M., 1 Oct 2022, In: Strength and Conditioning Journal. 44, 5, p. 10-21 12 p.

A socio-ecological examination of the primary school playground: Primary school pupil and staff perceived barriers and facilitators to a physically active playground during break and lunch-times

Graham, M., Dixon, K., Azevedo, L. B., Wright, M. & Innerd, A., 2 Feb 2022, In: PLoS ONE. 17, 2, 21 p.

Do environmental temperatures and altitudes affect physical outputs of elite football athletes in match conditions? A systematic review of the 'real world' studies

Draper, G., Wright, M., Ishida, A., Chesterton, P., Portas, M. & Atkinson, G., 1 Feb 2022, In: Science and Medicine in Football.

The Effectiveness of Fundamental Movement Skill Interventions on Moderate to Vigorous Physical Activity Levels in 5- to 11-Year-Old Children: A Systematic Review and Meta-Analysis.

Graham, M., Azevedo, L., Wright, M. & Innerd, A., 9 Dec 2021, In: Sports Medicine.

Between-week reliability of motion tracking screening: A preliminary study with youth male football players

Laas, M-M., Wright, M., McLaren, S. J., Portas, M., Parkin, G. & Eaves, D., 30 Jun 2021, In: European Journal of Human Movement.

The School playground environment as a driver of primary school children's physical activity behaviour: A direct observation case study

Graham, M., Wright, M., Azevedo, L. B., Macpherson, T., Jones, D. & Innerd, A., 3 Jun 2021, In: Journal of Sports Sciences.

The Tracking of Internal and External Training Loads with Next-Day Player-Reported Fatigue at Different Times of the Season in Elite Soccer Players

Draper, G., Wright, M., Chesterton, P. & Atkinson, G., 21 Jan 2021, In: International Journal of Sports Science and Coaching.

Influence of Lumbar Mobilizations During the Nordic Hamstring Exercise on Hamstring Measures of Knee Flexor Strength, Failure Point, and Muscle Activity: A Randomized Crossover Trial

Chesterton, P., Evans, W., Wright, M., Lolli, L., Richardson, M. & Atkinson, G., 1 Jan 2021, In: Journal of Manipulative and Physiological Therapeutics. 44, 1, p. 1-13

Hamstring injury prevention practices and compliance of the Nordic hamstring programme in English professional football

Chesterton, P., Tears, C., Wright, M. & Portas, M., 20 Oct 2020, (Accepted/In press) In: Translational Sports Medicine.

Integrated strength and fundamental movement skill training in children: A pilot study

Grainger, F., Innerd, A., Wright, M. & Graham, M., 3 Oct 2020, In: Children. 7, 10, p. 161-176

Motion tracking in young male football players: a preliminary study of within-session movement reliability

Laas, M-M., Wright, M., McLaren, S., Eaves, D., Parkin, G. & Portas, M., 2 Mar 2020, (E-pub ahead of print) In: Science and Medicine in Football.

Differential ratings of perceived match and training exertion in youth female soccer: Differential RPE in girls soccer

Wright, M., Songane, F., Emmonds, S., Chesterton, P., Weston, M. & McLaren, S., 6 Jan 2020, (Accepted/In press) In: International Journal of Sports Physiology and Performance.

The effectiveness of hydrodistension and physiotherapy following previously failed conservative management of Frozen Shoulder in a UK Primary Care Centre

Rae, G., Clark, J., Wright, M. & Chesterton, P., 17 Dec 2019, In: Musculoskeletal Care. 18, 1, p. 37-45

Application and interpretation of the yo-yo intermittent recovery test to the long-term physical development of girls association football players

Wright, M. & Innerd, A., 2 Oct 2019, In: Science and Medicine in Football. 3, 4, p. 297-306 10 p.

Functional Movement Screen™ total score does not present a gestalt measure of movement quality in youth athletes.

Wright, M. & Chesterton, P., 24 Dec 2018, (E-pub ahead of print) In: Journal of Sports Sciences. 37, 12, p. 1393-1402 0.

Changes in pain and nutritional intake modulate ultra-running performance: a case report

Best, R., Barwick, B., Best, A., Berger, N., Harrison, C., Wright, M. & Sparrow, J., 4 Oct 2018, In: Sports. 6, 4, p. 111

Changes in sprint-related outcomes during a period of systematic training in a girls' soccer academy

Wright, M. & Atkinson, G., 8 Jun 2017, In: Journal of Strength and Conditioning Research. p. -

The effect of a simulated soccer match on Anterior Cruciate Ligament injury risk factors

Wright, M., Chesterton, P., O'Rourke, A., Wijnbergen, M. & MacPherson, T., 2 Jun 2017, In: International Journal of Sports Medicine. p. -

Strength training and metabolic conditioning for female youth and adolescent soccer players

Wright, M., Apr 2016, In: Strength and Conditioning Journal. p. -

Contrasting effects of a mixed-methods high-intensity interval training intervention in girl football players

Wright, M., Hurst, C. & Taylor, J., 16 Feb 2016, In: Journal of Sports Sciences. p. -

Neuromuscular training for return to play

Wright, M. & Weston, M., 2014, In: Professional Strength and Conditioning Journal. p. -

The effectiveness of four weeks of fundamental movement training on Functional Movement Screen™ and physiological performance in physically active children.

Wright, M., Portas, M., Evans, V. & Weston, M., 2014, In: Journal of Strength and Conditioning Research. 29, 1, p. 254-261

Within-season variation of fitness in elite youth female soccer players

Taylor, J., Portas, M. D., Wright, M. D., Hurst, C. & Weston, M., 2013, In: Journal of Athletic Enhancement.