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Dr McHugh is on the Editorial Board for the Scandinavian Journal of Medicine and Science in Sports. He has been a consultant with the New York Rangers Hockey Team since 2000. Some of his research interests include exercise-induced muscle damage, musculoskeletal flexibility and orthopaedic sports injuries injury and rehabilitation.

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Prevention, Diagnosis, and Treatment of the Overtraining Syndrome: Joint Consensus Statement of the European College of Sport Science and the American College of Sports Medicine Less Medicine & Science in Sports & Exercise. 45(1):186-205, January 2013.

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RM Malina et al. Med Sci Sports 11 (4), 354-358. 1979. Age at menarche, family size, and birth order in 145 athletes at the Montreal Olympic Games, 1976, were determined through interview.

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