

## What makes Sportswise different

Our **Sport and Exercise Medicine Consultants** are **doctors** who work as part of a close-knit multi-disciplinary team specialising in the treatment and rehabilitation of musculoskeletal conditions related to sport, physical activity or the workplace.

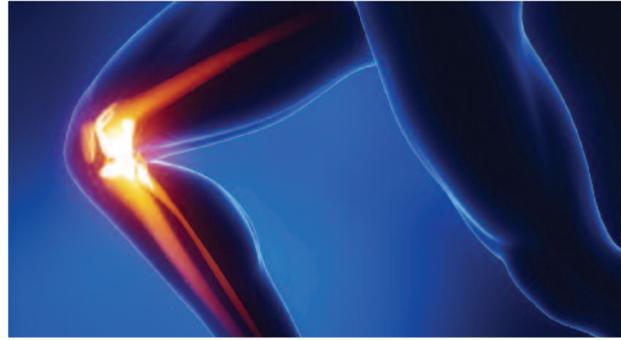
We take a holistic approach to diagnosis and management of conditions to optimise treatment and prevent the problem recurring. At Sportswise we pride ourselves on not just treating your symptoms but also identifying the underlying cause of your problem so that we can treat it effectively and help you to return to your normal activity or sport as soon as possible. We have the latest equipment and facilities at the clinic to use when needed.

## Sport and Exercise Medicine

Sport and Exercise Medicine (SEM) involves the medical care of injury and illness in sport and exercise. It requires accurate diagnosis, careful clinical examination, experience and knowledge of sport and exercise specific movement patterns.

## Who will benefit

Anyone with a musculoskeletal problem causing pain or a limitation in the ability to be active can benefit from treatment. Our team has extensive experience working in elite sports (both Paralympic and able-bodied), and in occupational health. Our doctors can provide advice on exercise for those with certain medical conditions including high blood pressure, asthma and osteoporosis.



## Diagnostic Ultrasound

Diagnostic ultrasound is an extension of the physical examination and allows the doctor to see the muscles, joints and tendons to confirm the clinical diagnosis. It can also be used to guide injections directly into the right spot in real-time. This 'one-stop' approach allows speedy diagnosis and treatment.

## Treatments

Our skilled practitioners have a variety of treatment options for a range of conditions and your treatment may include:

- Manual therapy including manipulation
- Western acupuncture
- Advice on exercises and stretching
- Medication advice; particularly for chronic pain
- Shockwave therapy – especially for tendon problems, plantar fascia or tennis elbow
- Caudal epidurals performed under ultrasound for lower back/leg pain
- Injection therapy. This includes:
  - Platelet rich plasma (PRP) for tendon problems
  - Hyaluronic acid (Ostenil Plus) for osteoarthritic joints (+/- PRP)



- Corticosteroid for inflammatory conditions e.g. bursitis
- High volume injections for Achilles and patella tendinopathy or frozen shoulder

Injections are commonly performed under ultrasound guidance.

## Other Imaging Services

We have direct access to all other investigation types including X-ray, MRI and CT scanning and use local providers with negotiated competitive rates.

The doctor can also provide onward referral to our in-house team for:

- Physiotherapy
- Podiatry
- Sports massage
- Pilates exercise

The doctor may refer you to a network of surgical specialists if appropriate, and also liaise with your GP.

# Sportswise

excellence in Sports Medicine

All our doctors are specialists in Sport & Exercise Medicine and are Fellows of The



Intercollegiate Faculty of Sport and Exercise Medicine (FSEM), a Faculty of the Royal College of Physicians of London and the Royal College of Surgeons of Edinburgh.

They are registered with the General Medical Council. This means that they have recognised qualifications, have professional liability insurance and are governed by a professional code of conduct.

## Your first consultation

You will have a 45 minute consultation to allow the doctor to take a detailed history and perform a physical examination to assess the problem. From this a provisional diagnosis and treatment plan can be explained to you. An ultrasound examination may be performed during this time but will incur an additional charge. Treatment may be carried out during the first assessment, time permitting.

## What to wear

The doctor will need to examine the area of the body concerned but also may need to examine other areas e.g. pain in the leg can be referred from the back. We can provide shorts or a gown if preferred but please wear whatever you will feel most comfortable in.

To find out more about the clinic as a whole, as well as information on specific treatments and profiles of all our practitioners, please visit our website

[www.sportswise.org.uk](http://www.sportswise.org.uk)



## Contact us:

**For advice or an appointment**  
please telephone 01323 745970  
or email [reception@sportswise.org](mailto:reception@sportswise.org)

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