

Not Just a Sports Injury Clinic!

In 2012, Hampden Sports Health & Injury Clinic is 10 years old. For a decade our dedicated team of physiotherapists, physicians, sports scientists and podiatrists amongst others have delivered an outstanding quality of service in Hampden's exceptional facilities. Hampden is one of only three stadiums in the United Kingdom to have gained an Elite Stadium rating from European Football's governing body (UEFA) based on facilities. Housed within the BT South Stand of the stadium is the unrivalled facility of the Sports Medicine Centre, the only private physiotherapy clinic in Scotland giving all clients direct access to:

- Rehabilitation suite
- Hydrotherapy fitness & conditioning pool
- Cardiovascular assessment lab with echocardiography
- Performance laboratory with gold standard breath by breath fitness assessment
- Indoor warm-up area (35m x 10m)

Unlike other facilities utilised by professional sportspeople, Hampden's Sports Injury Clinic is available to any member of the public with no referral required. Some of the services you may wish to take advantage of include:

- Medical examination
- Fitness testing
- Fitness/conditioning sessions
- Muscle strength and function testing
- Cardiovascular screening
- Lower limb biomechanical assessment
- Nutritional advice
- Sports psychology



You may or may not know that we also have a satellite clinic linked with the University of Glasgow based at 64 Oakfield Avenue, opposite the Stevenson Building. This is operated by Neil McCullough, one of our physiotherapists on a weekly basis offering rapid access to physiotherapy at a preferably discounted rate to University staff, students and members of Sport & Recreation. The clinic allows us to deliver the level of injury assessment, diagnosis and rehabilitation expected by elite athletes to clients of any age, sporting ability or even those not involved in sport at all! With experience in Occupational Health we are delighted to treat and advise on non-sporting issues such as:



- Neck or low back pain
- General joint or muscle problems
- Repetitive strain complaints
- Postural, workstation or moving and handling related problems

Facing injury or a repetitive fitness related health problem can seriously demotivate and impact on your ability to give your personal best to yourself, your job or your sport. If you feel you would benefit from an assessment and treatment for any of the above, any sport-related injuries or any ongoing chronic issues, an appointment can be arranged immediately at either the University clinic or the Hampden Sports Injury Clinic. You may also like to have a look at

our Facebook page or website for more information, including full price list.

Appointments: Hampden Clinic: 0141 616 6161
 University Clinic: 0141 330 4540 or
 Stevenson Building Reception

Website: www.sportsmedicinecentre.org

Facebook: www.facebook.com/SportsInjuryClinicHampden

University clinic prices: Sport & Recreation members: £20
 Staff/Students: £25
 External clients: £35