

# Sports Injury Clinic

Are you suffering  
with a sports  
injury or a general  
ache or pain?

Book an appointment with us.

Location: **1C114, College Lane**

Pricing: **Student £5, Staff £10**  
**Payment by card only**

The opening times for the clinic  
are as follows:

**Monday: 09.00-12.00, 13.00-16.00**

**Tuesday: 16.00-19.00**

**Wednesday: closed**

**Thursday: 14.30-17.30**

**Friday: 09.00-12.00**

**Weekends: closed**  
(term time only).



**To book an appointment call  
01707 285252 (ext: 5252)**

### **We can help with:**

- Sports injuries
- Neck and back pain
- Muscle strains and tendon pains
- Joint pains and cartilage injury
- Ligament injuries
- Referred pain (e.g. sciatica)
- Rehabilitation after orthopaedic surgery
- Overuse injury

### **Our services include:**

- Examination and assessment of your injury
- Sports massage
- Rehabilitation programmes
- Exercise prescription
- Electrotherapy
- Taping and strapping
- Manual therapy/mobilisations
- Education and advice on injury prevention



### **About us:**

- The UH Sport Injury Clinic offers a variety of treatments and services, all administered by students on the BSc (Hons) Sports Therapy programme, under close supervision of qualified therapists.
- The clinic welcomes patients who have sustained an injury through participation in sport, as well as patients who are suffering from general aches and pains from daily activities.

### **What to expect when attending a clinic:**

- At the first appointment a detailed case history will be taken, followed by an examination and assessment of your injury. This will last up to one hour. Follow-up appointments will last 45 minutes.
- We ask patients to bring along suitable attire for examination purposes. For example, a pair of shorts if you have a lower limb injury.
- Please be aware that all services are provided for training purposes.
- We use the information you share with us to enable our student sports therapists and their tutors to make effective decisions with you about your care.

