
PARTNER BENEFITS

www.hampdensportsclinic.com



**HAMPDEN
SPORTS
CLINIC**
REACH & RECOVER

INTRODUCTION

Hampden Sports Clinic is the country's leading physiotherapy and rehabilitation centre dedicated to the diagnosis, treatment and management of injuries & musculoskeletal conditions.

Our team of **specialist doctors, physiotherapists, sports scientists, podiatrists/biomechanists and sports massage therapists** have amassed decades of experience and are driven by the needs and goals of our clients.

The clinic doesn't just treat elite athletes or issues related to sports injuries. Every day we work with a wide range of people of all ages and backgrounds treating conditions such as back pain, osteoarthritis, work-related repetitive strain injuries and post surgical rehabilitation. Our goal is to make sure our clients function at their very best, all year round.

In addition to our team of medical professionals, the clinic's gold standard facilities set within Scotland's National Stadium are industry renowned. The clinic's Hydrotherapy Pool is the biggest of its kind in the country, and together with our fully equipped rehabilitation gym complement other treatments and exercise based therapy. The opportunity to use the hydrotherapy Pool is available for a small charge whilst you are undergoing treatment at the clinic.

The clinic's range of bespoke Health and Fitness packages, provided by our sport scientist and doctor, are designed for occupational health assessments, those looking to improve their general health and assessing fitness in people who enjoy regular exercise.

OUR CLINICS

Our discounted partner benefits includes access to all three of our clinics:

- Hampden Park Glasgow
- The University of Glasgow
- Strathclyde University

HAMPDEN SPORTS CLINIC (at Hampden Park)

Facilities:

- Physiotherapy
- Sports Massage
- Podiatry & Biomechanics
- Health & Fitness Testing
- Physiotherapy for Women
- Focused Shockwave Treatment
- Steroid Injections
- Sports Medicine Doctor
- Sports Science
- Rehabilitation Gym
- Hydrotherapy Pool
- MSK Ultrasound

GLASGOW UNIVERSITY CLINIC

Facilities:

- Physiotherapy
- Sports Massage

UNIVERSITY OF STRATHCLYDE CLINIC

Facilities:

- Physiotherapy
- Sports Massage



PARTNER OPPORTUNITIES

All partners will benefit from the following:

- Physiotherapy – **Initial appointment Partner rate of £48** (discounted from £53).
- Physiotherapy – **Follow Up Partner rate of £45** (discounted from £50).
- Sports Massage – **Partner rate of £45** (discounted from £50).
- **10% discount on:** Podiatry & Biomechanics
Health & Fitness Packages
- **Access to the hydro pool** (small charge) and gym during ongoing treatment
- The clinic is registered with **all major insurance providers**.

The Clinic is open:

8am - 5pm Monday & Wednesday
8am - 8pm Tuesday & Thursday
8am - 4pm Friday

£48

PHYSIOTHERAPY

DISCOUNTED FROM £53

10%

DISCOUNT

PODIATRY & BIOMECHANICS,
HEALTH & FITNESS

£45

SPORTS MASSAGE

DISCOUNTED FROM £50

LOOKING AFTER OUR PARTNERS

Early intervention physio has been proven to improve workplace efficiency and facilitate a faster return to work.

- Companies who provide access to our benefits have a happier and motivated workforce who have less time off work.
- Musculoskeletal (MSK) conditions accounted for more prolonged absences than any other cause of time off work with over 30 million days of work being lost last year due to back, neck and muscle problems [According to the Office for National Statistics]. In addition - MSK conditions were more likely to recur and develop into long-term conditions, resulting in an extended period of absence.

Work related medicals

What are they?

For those companies whose employees require specialist medical examinations such as for driving, working offshore and diving.

Why use Hampden Sports Clinic?

We have years of experience providing these medicals and relevant reports for off-shore workers, taxi and HGV drivers for example.

Our experienced staff and fully equipped assessment lab enables us to carry out the full range of testing including:

- Doctors Examination
- Body Composition
- Resting & Exercise ECG
- VO₂ Max Fitness Testing

Executive medicals

The clinic offers a range of health and fitness packages for employees. This includes a consultation with the clinic doctor including a comprehensive personal and family history, a medical examination.

- Doctors Examination
- Urinalysis
- Mental Health Screening
- Body Composition (Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage).
- Resting & Exercise ECG
- Cardiovascular fitness testing - VO₂ Max.
- Lung Function Testing - Spirometry.

Fitness to Compete

The clinic provides 'Fitness to Compete' Doctor medicals ranging from doctor-only medicals, to those that require in-depth cardiovascular testing including exercise ECGs.



HEALTH AND FITNESS

We offer a complete range of Health and Fitness tests which are individualised to match your needs.

Whether you are looking for the gold standard VO2 Max fitness assessment or a more health based evaluation we can offer a variety of checks to assist you enjoy being active with the reassurance of an expert analysis of your results and explained in clear language to allow you to move forward.

All partners can benefit from **10% off** of all H&F packages and individual services listed below:

PACKAGE // BASELINE £250

LABORATORY / SPORTS SCIENCE ASSESSMENT

Resting ECG, Exercise ECG, Lung Function Testing (Spirometry), Cardiovascular Fitness Testing - VO2 Max, Body Composition (Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage).

A comprehensive report will be emailed detailing the results of all tests with recommendations.

PACKAGE // HEALTH £325

DOCTORS ASSESSMENT

Review of Health Questionnaire, Exercise Consultation, Mental Health Screening, General Medical Examination (Including Heart, Lungs & Blood Pressure), Peak Flow & Oxygen Saturation, Urinalysis Including Kidney & Diabetes Testing, Heart & Stroke Risk Assessment.

LABORATORY / SPORTS SCIENCE ASSESSMENT

Resting ECG, Exercise ECG, Lung Function Testing (Spirometry), Cardiovascular Fitness Testing - VO2 Max, Body Composition (Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage).

A comprehensive report will be emailed detailing the results of all tests with recommendations.

PACKAGE // PERFORMANCE £325

PHYSIOTHERAPY ASSESMENT

Review of Injury History & Activity Goals, Detailed Musculoskeletal Examination.

LABORATORY / SPORTS SCIENCE ASSESSMENT

Resting ECG, Exercise ECG, Lung Function Testing (Spirometry), Cardiovascular Fitness Testing - VO2 Max, Body Composition (Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage).

A comprehensive report will be emailed detailing the results of all tests with recommendations.

HEALTH AND FITNESS

PACKAGE // PLATINUM

£350

DOCTORS ASSESSMENT

Review of Health Questionnaire, Exercise Consultation, Mental Health Screening, General Medical Examination (Including Heart, Lungs & Blood Pressure), Peak Flow & Oxygen Saturation, Urinalysis Including Kidney & Diabetes Testing, Heart & Stroke Risk Assessment.

PHYSIOTHERAPY ASSESSMENT

Review of Injury History & Activity Goals, Detailed Musculoskeletal Examination.

LABORATORY / SPORTS SCIENCE ASSESSMENT

Resting ECG, Exercise ECG, Lung Function Testing (Spirometry), Cardiovascular Fitness Testing - VO2 Max, Body Composition (Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage).

A comprehensive report will be emailed detailing the results of all tests with recommendations.

ADDITIONAL SERVICES:

Body Fat % Analysis (Tanita Scales + 4 Skin Folds Calliper Measurements)	£45
Full Body Composition (As above + 4 Skin Folds Calliper Measurements - 4 Limb Girths + 2 Bone Breadths)	£60
Lung Function (Spirometry)	£90
Resting ECG	£75
Exercise ECG	£225
Echocardiogram	£250
VO2 max Test (Treadmill or Bike)	£150
Nutritional Analysis (& day food diary with report)	£90
Doctor Consultation	£75
Sports Science Consultation	£45
MSK Ultrasound	£120
Physiotherapy for Women (60min consultation)	£90
Focused Shockwave Treatment (for course of 3 treatments)	£150
Sport Medicine Doctors consultation	£90
Steroid Injection	£150

MSK ULTRASOUND

We also offer MSK Ultrasound within the Clinic at Hampden Park

Musculoskeletal ultrasound is a painless non-invasive way to obtain pictures of structures in the body, such as muscles, tendons and ligaments. It uses sound waves to generate a live picture of these structures on a screen similar to the ultrasound scans during pregnancy. A qualified sonographer is able to determine if there is any damage to the structures that may account for pain or discomfort you are feeling.

If you looking to book an Ultrasound or for more information:

Contact **Seamus** on 0141 616 6161 or ultrasound@hampdensportsclinic.com

STERIOD INJECTIONS

Steroid injections have been used in everyday medical practice for many years and, when used appropriately, are potentially of great benefit to patients. Corticosteroids reduce inflammation and as a consequence reduce pain.

They can be used to treat symptoms of a wide range of inflammatory conditions such as:

- Osteoarthritis
- Tennis and Golfers elbow
- Tendinopathy
- Carpal Tunnel Syndrome
- Bursitis
- Plantar fasciitis
- Frozen Shoulder

A steroid Injection within the Clinic costs £150 and is available on most days of the week.

For further information or to establish if you are suitable for this treatment, please contact us **0141 616 6161** or email info@hampdensportsclinic.com. Alternatively, you can book a session with one of our physiotherapists online for your initial assessment.

FOCUSED SHOCKWAVE TREATMENT

Hampden Sports Clinic are now offering Piezowave2 focused shockwave to treat: Tendinopathy, Ligament sprains, muscle strains & more. This means we can target the source of your pain precisely and get you better quicker.

Focused Shockwave treatments:

- Tendon Pathologies (Achilles / Patella / Gluteal / Hamstring / Adductor)
- Rotator Cuff Calcific Tendonitis
- Plantar Fasciitis
- Golf & Tennis Elbow
- Carpal Tunnel Syndrome
- Medial Tibial Stress Syndrome
- Ligament Injury
- Knee Osteo-Arthritis
- Stress Fractures and Non-Unions
- Back Pain
- Knee Meniscal Pathology

To find out more information call us on: 0141 616 6161



PHYSIOTHERAPY FOR WOMEN

An exciting & sensitive clinic aimed at treating women of all ages and all stages of their life. Whether they be adolescent, pregnant, post-natal, peri-menopausal, or menopausal. We are here to help.

This one-hour appointment allows us more time to gather an in-depth understanding of the issues you're having, which can often be sensitive to talk about, then fully assess using specific tests to formulate a diagnosis and treatment plan related to your personal goals. This will be followed up with an e-mail summary from your assessment, and tailored exercise program.

Common conditions we treat, although not limited to:

- Low back pain
- Pubic symphysis pain
- Pelvic pain
- DRA (abdominal muscle separation)
- Safe return to exercise after having a baby
- Getting active during Perimenopause
- Getting active during Menopause

To find out more information call us on: 0141 616 6161
or email us on: physioforwomen@hampdensportsclinic.com



CLINIC OPENING HOURS

Monday & Wednesday	8am - 5pm
Tuesday & Thursday	8am - 8pm
Friday	8am - 4pm



For more information please call 0141 616 6161 or visit the Hampden Sports Clinic website at: www.hampdensportsclinic.com