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# PARTNER BENEFITS

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[www.hampdensportsclinic.com](http://www.hampdensportsclinic.com)

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**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 these first class facilities is available for a £5 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 partner benefits includes access to all three of our clinics: At Hampden Park Glasgow, in the southside, The University of Glasgow in the west end and Strathclyde University in the city centre.

## HAMPDEN SPORTS CLINIC (at Hampden Park)

### Facilities:

- Physiotherapy
- Sports Massage
- Podiatry & Biomechanics
- Health & Fitness Testing
- Sports Medicine Doctor
- Sports Science
- Rehabilitation Gym
- Hydrotherapy Pool

## GLASGOW UNIVERSITY CLINIC

### Facilities:

- Physiotherapy

## UNIVERSITY OF STRATHCLYDE CLINIC

### Facilities:

- Physiotherapy
- Sports Massage

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# PARTNER OPPORTUNITIES

All partners will benefit from the following:

- 10% discount on podiatry and biomechanics.
- Access to the gym and hydro pool for £5 during ongoing treatment.
- The clinic is registered with all major insurance providers.
- The Clinic is open:

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

**10%**  
DISCOUNT FOR  
**PODIATRY AND  
BIOMECHANICS**



# 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
- VO<sub>2</sub> 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 - VO<sub>2</sub> 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 (CONT'D)

## PACKAGE // PLATINUM

### 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.

## POST COVID CARDIAC TESTING £350

For those who are planning to return to activity following Covid and want a check on their cardiac status. Resting and Exercise ECG, Echocardiogram Spirometry (lung function) can be added to this package for £90. (A comprehensive report will be emailed detailing the results of all tests with recommendations.)

## 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	£200
VO2 max Test (Treadmill or Bike)	£150
Nutritional Analysis (& day food diary with report)	£90
Doctor Consultation	£75
Sports Science Consultation	£45

# 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](mailto:ultrasound@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](http://www.hampdensportsclinic.com)