



Spire

Norwich Hospital

Sports injuries centre

Our dedicated sports physicians will treat you as a professional athlete.



Our Sports injuries centre

At Spire Norwich Hospital we understand that sports injuries can be debilitating and recovery times can be lengthy and frustrating. Our Sports injuries centre offers high standards of care and attention which are reflected in the expertise and treatment provided by our specialist physiotherapists and orthopaedic consultants. The centre provides:

- walk-in service or next working day appointment
- rapid assessment, diagnosis and treatment
- no waiting list
- no GP referral required
- treatment for all, insured or not

Personalised treatment

Our aim is to return you to normal fitness as quickly as possible by providing a recovery programme that is tailored to your individual needs.



- At your first appointment a detailed history will be taken, followed by a thorough assessment of your condition.
- You will receive expert advice and treatment and we will provide you with a personal recovery programme tailored to your needs.
- Our physiotherapists can also refer you to a consultant and can arrange access, when necessary, to our diagnostic facilities including X-ray, diagnostic ultrasound and MRI scanning.
- Your physiotherapist can liaise with your GP and provide them with a detailed discharge summary at the end of your treatment.

Quality service

At Spire Norwich Hospital we offer a highly specialised service to individuals at all levels of recreational and professional sports. We regularly treat athletes of all abilities, from the age of 12, and are experienced in treating injuries from a variety of disciplines, such as athletics, running, football, rugby and racquet sports. The centre provides:

- consultation with a specialist trauma orthopaedic surgeon
- rapid assessment for clear diagnosis
- analysis of recurring injuries
- orthotic service for specialist foot orthoses and knee braces
- treatment for all types of injury
- practical advice on the continuation of training or rest periods required
- comprehensive recovery programme
- gym-based rehabilitation



We also offer the following investigations:

- X-ray
- MRI scanning
- diagnostic ultrasound

Conditions treated include

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| <ul style="list-style-type: none">• Arthritis• Fractures• Frozen shoulder• Ligament sprains• Low back pain• Muscle strains and tears• Joint conditions• Post-operative conditions | <ul style="list-style-type: none">• Repetitive strain injuries• Shin splints• Spinal conditions• Sports injuries• Tendon pain, eg Achilles• Tennis elbow• Whiplash |
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Chartered Physiotherapists	Orthopaedic Surgeons
Jonathan Geere Peter Penny Steven McCoy Kathryn Walton Amanda Finn Abi Gilding	Mr Adrian Chojnowski Mr Philip Hopgood Mr Peter Hallam

Opening times

Monday – Thursday

8.30am – 7pm

Friday

8.30am – 5.30pm

Payment

The Sports injuries centre is open to all, not just those with private medical insurance. If you are not insured, please contact our physiotherapy department on **01603 255 587** and we will be happy to advise you of the cost of your treatment.

We can accept payment by debit or credit card, cheque or cash. We work with all major medical insurance providers and those wishing to claim should confirm that their treatment and the number of sessions are pre-authorized.

Making an appointment

Patients may contact the centre directly or be referred by a consultant or GP. To make an appointment call **01603 255 587**.

How to find us



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For more detailed directions to the hospital, please visit www.spirehealthcare.com/norwich



Spire Healthcare

Spire Norwich Hospital
Old Watton Road
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Registered Certificate No. C010000664

www.spirehealthcare.com/norwich