

Introduction to services and facilities

Introduction

The Institute of Sport Exercise and Health (ISEH) is London's premier facility for sports and exercise medicine and a major legacy project of the 2012 London Olympic Games. The Institute is located in a dedicated state-of-the-art facility at 170 Tottenham Court Road and provides excellence in sports performance, sports injury prevention and management.

Our services bridge the gap between elite and amateur sports men and women in a brand new way. The Institute has a multidisciplinary team of specialists in sports and exercise medicine, orthopaedics, physiotherapy, rheumatology and pain management who are available for expert opinion, diagnostics and ongoing management.

The ISEH is a partnership between UCLH (University College London Hospitals NHS Foundation Trust), HCA Hospitals, UCL, the English Institute of Sport and the British Olympic Association.

Research

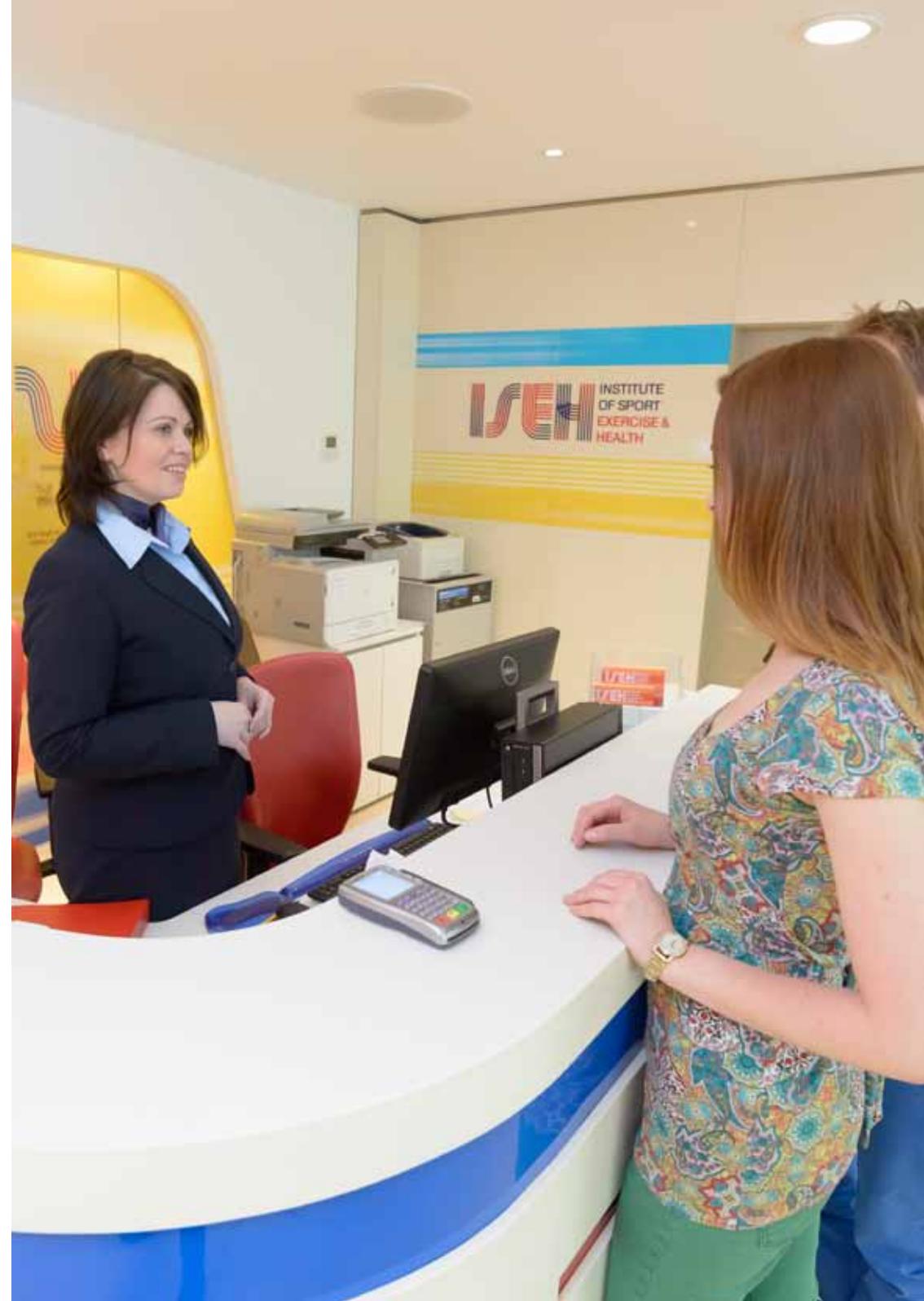
As the principal sports medicine Olympic legacy project in London, the ISEH has a central role in creating and developing research themes supporting elite athletes and importantly translating this understanding for public health benefits. In addition to our sports medicine expertise we have leading imaging, laboratory and clinical facilities at ISEH. We are an integral part of UCL and UCLH, giving us unparalleled access to a top-ranking university and a range of world-class research hospital partners, with over 1,000 clinical projects running at any given time.

The work of the ISEH focuses on:

- Translating the current knowledge in sports and exercise medicine to create health benefits for the general population: for example, making exercise medicine available to the community to decrease risks of cardiovascular problems, diabetes and other problems
- Delivering that 'extra one per cent' that makes a difference between gold medals and also-rans in elite sport

The ISEH also hosts UCL Masters' programmes in Sports Medicine, Exercise and Health and Performing Arts Medicine, further strengthening the links between academic research and clinical practice.

For further details on our research programmes, please contact research.education@iseh.co.uk or visit www.iseh.co.uk/research-and-education/research



Hire the ISEH

At the ISEH we have state-of-the-art facilities ideally located in central London, available to hire. These include seminar and meeting rooms ideal for formal meetings, presentations, awards evenings, networking and launch events, courses, lectures and workshops. We also have a fully equipped research lab and newly installed hypoxic chamber.

Successful events held at the ISEH include the launch of the Register of Personal Development Practitioners in Sport (RPDPS), the England Athletics Awards and a masterclass in mental health in sport.

“The ISEH was a perfect venue to launch the RPDPS. The high profile venue made such a positive impact and I know that all of our guests were particularly impressed by the facilities. The team at the ISEH made sure the day ran smoothly and the event was a great success.”

For more information please contact development@iseh.co.uk or visit www.iseh.co.uk/events/hire-the-iseh

Consultations

ISEH has brought together the leading clinicians in sports and exercise medicine and diagnostics, who in addition to their practises at ISEH provide medical care to a wide variety of local, national and international teams and sports, including:

- Golf
- Running, marathons and triathlons
- Boxing
- Rugby
- Football
- Tennis
- Dance
- Ice skating

The multidisciplinary team at ISEH also includes specialist services such as:

- Physiotherapy
- Podiatry
- Sports Psychology
- Sports Cardiology
- Fitness Screening

For further information on each of our Consultants please see our website profiles.

Clinics are held Monday to Friday and the ISEH team can accommodate urgent referrals with same or next day appointments.

To book an appointment, please call 020 3447 2800 or email info@iseh.co.uk

NHS referrals to the ISEH can be made via your GP

Our consultants are recognised by all major medical insurers.

Diagnostic Services

The Imaging and Diagnostic suite at ISEH benefits from state-of-the-art equipment. All patients that come to have imaging at ISEH leave with a copy of their images on CD after their appointment. If you require any imaging please ask your doctor to complete the diagnostic imaging referral form available on our website and send it to us at info@iseh.co.uk or fax 020 3447 2898.

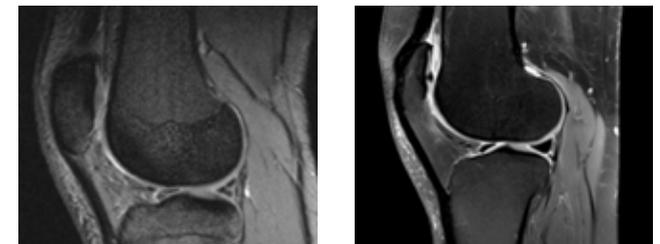


Services available:

3T MRI

Why choose a 3T MRI Scan?

- Our powerful 3T scanner can be 4x faster and 2x higher in image definition compared to a 1.5T scanner. This allows us to reduce the amount of time the patient is in the scanner, maximising client comfort and convenience without compromising image quality.
- The high resolution of 3T imaging can make a huge difference in determining the diagnosis and course of management for each patient. This is because 3T can characterize some subtle abnormalities which 1.5T would not be able to do.
- In a clinical environment 3T MRI has become the gold standard for high-definition orthopaedic imaging. At ISEH, our expert radiology team have maximised MRI parameters to produce superbly detailed images of the spine, shoulders, pelvis, hips and extremities.
- Our 3T has a larger bore and is therefore ideal for larger or claustrophobic patients.



1.5T image (left) versus 3T image of knee (right)

Ultrasound

ISEH has its own team of specialist musculoskeletal radiologists who are on site daily to carry out diagnostic Ultrasound (US) scans and procedures such as US guided injection and Platelet Rich Plasma (PRP) injections.

PRP is a treatment for some musculoskeletal conditions that involves taking a patient's own blood and concentrating the level of platelets and growth factors before injecting these back into the area to promote healing. PRP injections can be used to treat conditions such as:

- Tennis elbow
- Rotator cuff injuries
- Plantar fasciitis
- Hamstring Injuries
- Golfers elbow
- Chronic ligament injuries

X-Ray

We offer a walk in low dose plain X-ray service including long leg and full spine imaging. Simply bring your referral form to ISEH.

Our team of specialist consultant radiologists are available to review your scans and report back to the referring doctor within 24-48hrs.



Radial Pulsed Wave Shockwave therapy

This treatment involves sending shockwaves through the skin to influence the affected tissue beneath. It can provide the following benefits:

- Increased local blood flow and cellular activity
- Breakdown of calcific deposits
- Mechanical stimulation

RPW shockwave can take a tissue from a more chronic to a more acute state, and in doing so, provides a stimulus to repair and healing (Watson 2012).

The main evidence supporting this treatment covers conditions such as :

- Plantar fasciitis
- Achilles tendinopathy
- Patella tendinopathy
- Tennis and Golfers elbow



Physiotherapy referrals

The ISEH physiotherapy area is a light and airy space, benefiting from the latest technology to aid your rehabilitation. This combined with the expert knowledge of our musculoskeletal and sports physiotherapist, the ISEH physiotherapy service will get you back on track.

Pilates, acupuncture and hydrotherapy are also available to our physiotherapy patients.

Most of the kit in our specialist physiotherapy gym is provided by Technogym and includes:

- Kinesis machine – used for whole body dynamic strengthening and kinetic control work
- Custom made Leg Press
- Treadmill (with force plate analysis ability and up or downhill gradient options)
- Rower
- Exercise bike – with VO2 max testing capabilities
- Stepper
- Cross trainer
- TRX – for whole body dynamic strengthening and kinetic control work

Podiatry



Sports Podiatry is a discipline that assesses and treats foot, ankle and lower limb disorders. A biomechanical assessment will address whether there is a mechanical cause for the pain. Treatment may involve prescription of exercises; change in training program; advice and modification of footwear and/or corrective foot orthoses. A sports Podiatrist could be of benefit if you have repetitive injuries; and seeking another approach to enhance your performance.

A consultation be arranged direct with no referral. If you have health insurance it is advised to check your policy to see if your are covered for your appointment.

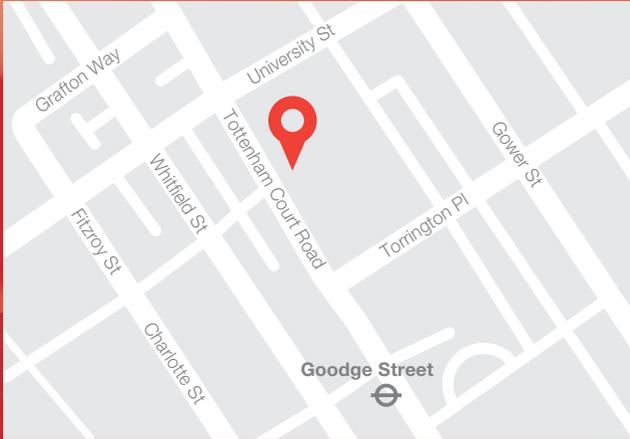
Sports Psychology

Success in sport requires more than a fit body and technical proficiency. Your brain and the way you think plays an integral role in your performance. Sport psychology focuses on controlling and optimising your thoughts, feelings, and behaviours before, during, and after your performance.

At ISEH we offer individual psychological consultations with a highly experienced sport psychologist who works with all levels of athletes from committed amateurs to World Champions and Olympic gold medallists. The initial individual consultation will be primarily to gather background information and to determine your goals. Subsequent consultations will involve the training of psychological skills and strategies to assist with achieving your goals.

Sports Cardiology

Cardiac problems in young or athletic individuals are rare, but when they occur can be devastating, affecting even those considered fit and well. In many countries such as Italy and the US young people participating in sport at any level routinely undergo cardiac screening. At ISEH we are able to offer a cardiac screen in any individual participating in regular, vigorous exercise. This screen includes an ECG, echo and consultation with an expert sports cardiologist.



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