



injury and rehabilitation clinic

Anyone can hurt themselves doing ordinary things, like digging the garden or lifting groceries. Maybe you just need some rest and relaxation from your day, or maybe you are an athlete preparing for a competition. The University of Leeds Injury and Rehabilitation Clinic may be able to help you.

The University of Leeds Injury and Rehabilitation Clinic comprises two services - **Physiotherapy** and **Sports Massage**.

The two services work closely together to ensure the best treatment is given to the individual, from diagnosis to rehabilitation and prevention of further injuries.

The Clinic can be effective in the treatment of:

- Neck & back pain
- Sports Injuries & Rehabilitation
- Whiplash
- Postural problems
- Muscle/ligament, tears and sprains
- Joint pain and stiffness
- Fractures and trauma

The Clinic is conveniently situated on campus **within the Sports Centre**

Appointments can be booked at all Sport & Physical Activity Receptions -

Sports Centre	0113 343 5095
Cromer Terrace	0113 343 5094
Weetwood	0113 275 1347

physiotherapy

Physiotherapy is the assessment, diagnosis and treatment of problems and injuries that affect muscles, joints, nerves and soft tissues.

Physiotherapy can treat all individuals, from those with back ache and joint trouble to elite athletes with sporting injuries such as deep tissue damage.

The Clinic is staffed by chartered physiotherapists who are HPC and ACPSM registered. Our physiotherapists have a wealth of experience in rehabilitation and will design a specialised treatment programme to guide you towards a stronger, healthier future.

Your physiotherapy session will last for 50 minutes and will include a full assessment and diagnosis.

Cost £35

sports massage

Sports Massage is a deep massage that targets those muscular aches and pains to aid injury prevention. It can increase range of movement and increase flexibility and relieve muscle soreness.

It is the ideal way to maximise your potential before you play sport and improve your recovery from both training and injury.

Each Sports Massage is a 30 minute appointment.

Cost £15