



BUPA MUSCULOSKELETAL SERVICES

EXPERT TREATMENT FOR MUSCLES, BONES AND JOINTS

From state of the art diagnostic techniques and treatments to friendly advice and support, our expert musculoskeletal services are available to Bupa members and non-members alike. So help with your injury or recovery is well and truly at hand.

www.bupa.co.uk/physio

Bupa. Helping You Find Healthy

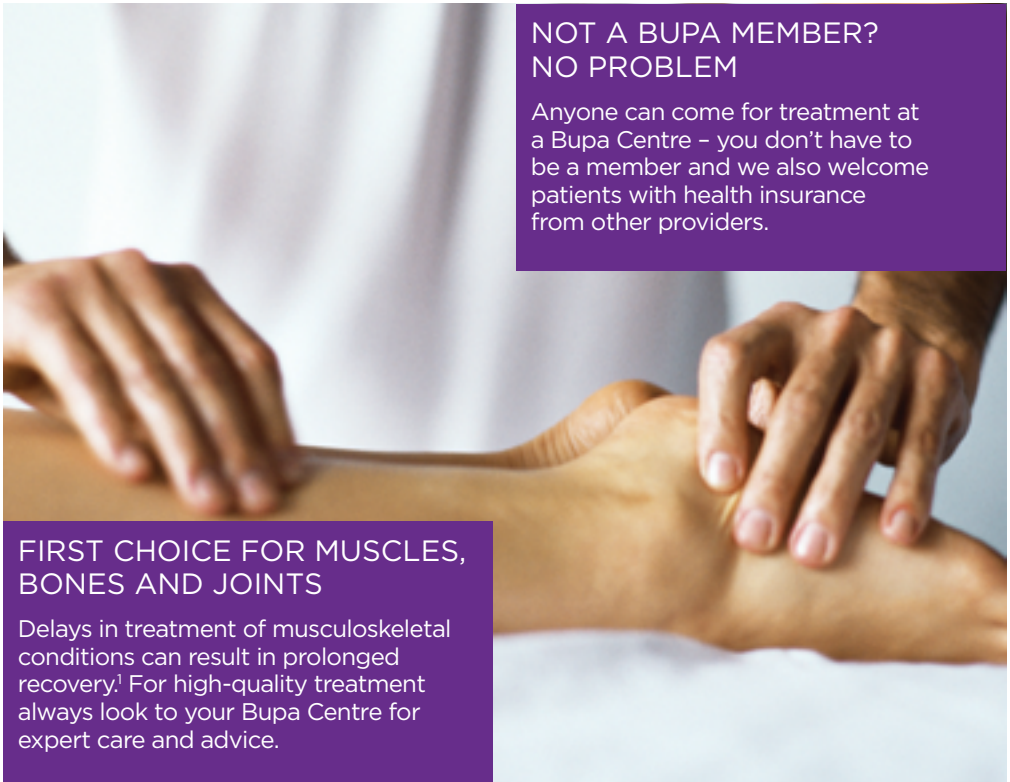
RELAX, YOU'RE IN EXPERT HANDS

Why Bupa is right for you

Whether you're suffering from a minor sprain or a serious injury, every one of our sports physicians, podiatrists, physiotherapists and osteopaths are experts in their chosen field. By taking the time to get to know you and your needs, they can create a course of effective treatment that is tailored to you and your lifestyle.

We'll get you back on track

What's more, our clinicians are there for you every step of the way. Whether you need manual therapy, specific exercises, injections, or just advice, they're dedicated to seeing your treatment and rehabilitation right through to the very end.



NOT A BUPA MEMBER? NO PROBLEM

Anyone can come for treatment at a Bupa Centre - you don't have to be a member and we also welcome patients with health insurance from other providers.

FIRST CHOICE FOR MUSCLES, BONES AND JOINTS

Delays in treatment of musculoskeletal conditions can result in prolonged recovery.¹ For high-quality treatment always look to your Bupa Centre for expert care and advice.

OUR HANDS-ON APPROACH

Recovery

Getting the right treatment at the right time is vital with any musculoskeletal complaint. With years of hands-on experience and expertise, our clinicians are committed to providing you with the best possible rehabilitation, planning your treatment to ensure the most speedy and effective form of recovery.

Improvement

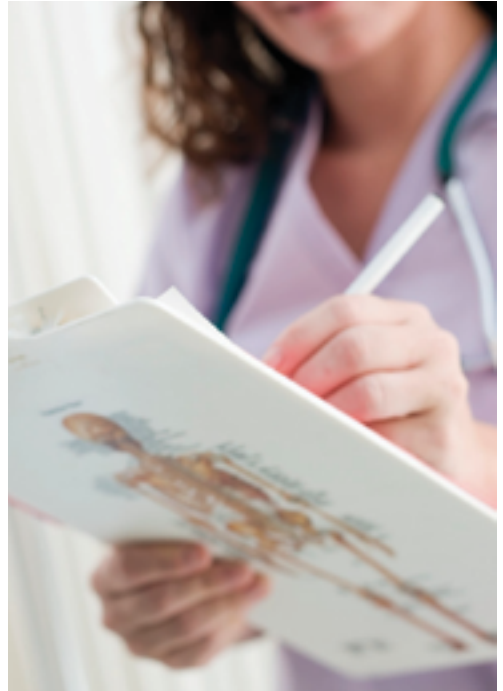
And because we understand that every body is different, we can also help you to optimise your body's performance, identifying any potential or underlying problems along the way.

Prevention

Meanwhile, as any clinician will tell you, prevention is always better than cure. Which is why our experts offer comprehensive treatment and advice on avoiding any potential injuries long-term.

What we can treat:

- back and neck pain
- work-related overuse conditions
- sports injuries
- upper and lower limb problems
- arthritic pain
- traumatic injuries
- postural problems



THE BARBICAN CENTRE OF EXCELLENCE



The London Barbican Centre of Excellence is one of the most highly regarded treatment centres in the country.

The centre offers a whole range of specialist diagnostic and rehabilitation services to people from all walks of life – from Olympic athletes to those who simply need help with an injury.

Available to both Bupa members and non-members, the London Barbican Centre's comprehensive services include:

Bike assessment

To help prevent or treat cycling-related injuries and/or improve power, efficiency and comfort on your bike.

Run Check

To help prevent or treat running-related injuries and improve performance.

Diagnostic ultrasound

A painless, simple and quick² way of evaluating soft tissue injuries, such as rotator cuff injury and achilles tendinopathy.³

Isokinetic testing

May be used in injury prevention, diagnosis and rehabilitation by measuring muscle strength, power and endurance.

Radiography

The London Barbican Centre's high-quality X-ray facilities are an invaluable resource in the diagnosis of many musculoskeletal problems.

Spinal and peripheral joint injections

Some types of joint or back problems may benefit from specific injections to help relieve pain. We offer two types of injections: caudal epidural injections, and peripheral joint injections. We also specialise in haematomas and the aspiration of joint cysts.

Other services available at the London Barbican Centre:

- o physiotherapy
- o osteopathy
- o sports and orthopaedic physicians
- o podiatry

²Brukner P, Khan K. Clinical Sports Medicine. 2nd ed: McGraw Hill, 2005: 123-124

³Brukner P, Khan K. Clinical Sports Medicine. 2nd ed: McGraw Hill, 2005: 541

BUPA RUN CHECKS

Running is a great way to keep fit, but bad posture and high impact can take its toll on even the best-trained athletes. Which is why Bupa Run Checks are specially designed to make sure your joints are in the best possible condition for running, helping you to maximise your performance, whilst reducing the risk of injury.

Looking at your flexibility, strength and core stability our sports physiotherapists will devise an individual program for you to condition your body for running.

Using a treadmill to assess and refine your running technique, they'll even advise you on the best type of trainers to wear.

At the end of the Bupa Run Check you will receive:

- o an individually tailored programme of stretches and stability exercises
- o advice regarding your shoes or trainers
- o recommendations for injury prevention



OUR SERVICES EXPLAINED



lower limb, and also those relating to your body's mechanics and movement (biomechanics).

Common injuries treated by a podiatrist include heel pain and plantar fasciitis, toe deformities and pain on movement, achilles tendinopathy, calf irritation, shin pain, anterior knee pain, iliotibial band friction syndrome, leg length discrepancies, and lower back pain.

Physiotherapy

Specific treatments include mobilisation, manual therapy, massage and acupuncture. These are used to help reduce pain and correct movement dysfunction, while individual stretches and exercises can be used to help strengthen and rehabilitate the area.⁴

Osteopathy

Many people come to us for help with musculoskeletal issues caused by poor posture and the misalignment of muscles and joints. Osteopaths can help improve the structure of your muscles, bones and ligaments, improving the function of your body.

Osteopathy can be used to help treat lower back pain, neck pain, arthritis, sports injuries, restricted mobility, and occupational health.

Podiatry

Our podiatrists specialise in the diagnosis and treatment of injuries and disorders affecting the foot, ankle and

Sports and orthopaedic physicians

Our sports and orthopaedic physicians specialise in muscle, bone and joint problems. Their focus is on returning you to full activity, whether sporting or occupational. They can treat complaints ranging from acute back pain, sprains, muscle tears and sporting injuries to longstanding spinal, joint and muscle problems, including arthritis and spinal damage.

By using diagnostic ultrasound to compliment their own clinical examination, our specialists are able to make a highly accurate diagnosis of your condition. They can then manage the problem effectively using hands-on treatment, rehabilitation programmes, a variety of injection techniques, and, as a last resort, referral surgery. These techniques can often be combined to help you make the greatest gains in the shortest possible period.

⁴MacAuley D. Oxford Handbook of Sport and Exercise Medicine. Oxford: Oxford University Press, 2007: 106

WHERE TO FIND OUR SERVICES

	London Barbican	London Fleet Street	London Canary Wharf	London West End	Bristol	Leeds	Nottingham	Reading	Solihull
Osteopathy	✓	✓	✓						
Physiotherapy	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports and orthopaedic physicians	✓		✓			✓		✓	✓
Bike assessment	✓								
Run Check	✓							✓	✓
Diagnostic ultrasound	✓	✓						✓	
Isokinetic testing	✓								
Radiology	✓				✓			✓	
Spinal and peripheral joint injections	✓		✓ [†]			✓		✓ [†]	
Podiatry	✓							✓	
Compartment pressure testing								✓	
Pilates [^]	✓	✓	✓					✓	✓
Back class								✓	
Acupuncture/dry needling [‡]	✓	✓	✓		✓	✓	✓	✓	✓

^{*}Peripheral joint injections only. [^]Only as part of a course of physiotherapy treatments and, with the exception of the Reading centre, cannot be booked as stand-alone treatments. [†]Only as part of a course of physiotherapy treatments.

OUR CENTRES

London Barbican Centre of Excellence
3 White Lyon Court
EC2Y 8EA

London Fleet Street
10 Gough Square
EC4A 3DE

London Canary Wharf
50 Marsh Wall
E14 9TP

London West End
53 Mortimer Street
W1W 8HR

Bristol
Spectrum Building
Bond Street
BS1 3LG

Leeds
Trafalgar House
29 Park Place
LS1 2SP

Nottingham
4 Millennium Way West
Phoenix Park West
NG8 6AS

Reading
Centurion Court
RG1 5AS

Solihull
47 Station Road
B91 3RT

For more information visit www.bupa.co.uk/physio
To book an appointment call 0845 600 4778*

Find out more about
Bupa Musculoskeletal Services

Call now on

0845 600 4778*

No membership necessary
www.bupa.co.uk/physio

LOOKING AFTER EVERY ASPECT OF YOUR HEALTH

Did you know that Bupa offers a wide range of additional services at Bupa Centres across the UK that help keep you feeling healthy from top to toe?

Bupa Health Assessments

Find out more by calling **0800 66 55 77***
Or visit www.bupa.co.uk/keeping-well

Bupa Fitness Assessment

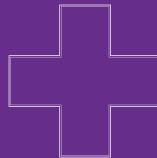
Find out more by calling **0800 66 55 77***

Bupa Dental Treatment

Find out more by calling **0845 600 4779***

Bupa Cosmetic Treatments

Find out more by calling **0845 600 6034***



The world of Bupa

www.bupa.co.uk

*Calls may be recorded and may be monitored. Lines are open Monday to Friday 8am-6pm, and Saturday 8am-1pm. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

Services are provided through Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office: Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.