



Specialist care for
people recovering
from sports
injuries or who
want to optimise
their sporting
performance

We can help people recover faster from a wide range of sports-related injuries, from our specialist rehabilitation centre in Birmingham and across our network of Circle and BMI Healthcare hospitals.

We can also help you prepare for a challenging sporting event, such as a marathon or triathlon.

We understand how frustrating it can be to incur a sporting injury - it is not just painful in itself, it also prevents you from doing the sport you love. Choosing when to go back to your sport following an injury is crucial - going back too early and without the correct rehabilitation can lead to additional injury and pain.

Our expert team of private doctors, physiotherapists, strength conditioners, psychologists and nutritionists can evaluate your needs and put together a personalised private rehabilitation package to get you back to feeling your best.

Whether you're a sports-enthusiast or a professional athlete, our goal is to optimise your recovery to ensure the best possible results.

Care to support your return to sport

Although the majority of our private sports rehabilitation patients will come to see us as an outpatient, our facilities also cater for those travelling from further afield, as we have private accommodation on site.

Our specialist teams can help you recover from the injury as quickly and safely as possible. If you needed surgery for your injury then we can also put together a plan which will help you regain your strength and fitness.

All our programmes are medically-led, which means a specialist doctor has overseen and will continue to monitor your care. The team brings together therapists and specialists across the whole range of sports medicine and rehabilitation.

Our sports therapists can access a wide range of diagnostic services - including x-ray, MRI and CT scanners - and use state-of-the-art equipment alongside a bespoke programme for you, which may also include sports nutrition and psychological support to improve your confidence following a sporting injury.

Our aims are:

- To help you build strength and confidence
- To work in partnership with you and your consultant to achieve the best possible health outcomes for you
- To get you in the best shape possible

We will:

- Treat you as an individual, putting together a package of care that is tailored to you
- Support you towards achieving your goals

Circle Rehabilitation is the largest rehabilitation network in the UK, set in our specialist centre in Birmingham and in our Circle and BMI Healthcare hospitals across England, Scotland and Wales.

Although we are a large network, you will always be treated as an individual. Everyone is at a different point on their rehabilitation journey, and we will design a package of care with you that suits your individual needs. Our expert medical team includes consultants, doctors, nurses, psychologists, physiotherapists, nutritionists and other specialist rehabilitation therapists. They'll provide you with the latest treatment and therapies utilising state-of-the-art technology, in a high quality hospital setting.

You set the goals; we work towards them together.

Funding your rehabilitation treatment

Do you have private medical insurance? Circle Rehabilitation is recognised by many of the major insurance and medical legal providers. Alternatively, you can pay for your own treatment. If you would like more information about using your private medical insurance, or if you would like to discuss prices for your individualised package of care, please call us on **0800 096 3236** or email rehab@circlehealth.co.uk

We welcome referrals from GPs, consultants, insurers, solicitors and directly from patients. We can provide assistance to individuals, embassies and overseas patients on admissions, and we welcome enquiries from patients and their families to determine the most appropriate care we can offer.

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