



ELITE SPORTS CONCIERGE SERVICE

WITH YOU 100%

ELITE SPORTS CONCIERGE SERVICE

The Elite Sports Concierge Service is an exclusive partnership between the Institute of Sport, Exercise and Health (ISEH) and HCA Healthcare UK (HCA UK), under the leadership of Professor Fares Haddad, Mr Sam Oussedik and Professor Mathew Wilson.

The Elite Sports Concierge Service provides rapid access medical services to high-acuity patients in the acute care setting. We provide a single point of contact for priority entry, supporting elite athletes and teams such as Premier League football clubs with our partner HCA UK, who are uniquely placed to offer a broad spectrum of experts and specialties in the event of a medical emergency.

After a decade of working in partnership with the NFL, HCA UK has demonstrated credibility in the provision of world-class immediate medical care to high-net worth performance individuals; be it rapid assessment/diagnostics, or if required, admission into The Princess Grace Hospital or The Wellington Hospital.



**CELEBRATING
10 YEARS
OF WORKING IN PARTNERSHIP
WITH NFL LONDON**

EMERGENCY MEDICINE, OUTSTANDING FACILITIES

Any athlete with suspected life-threatening injuries should always be evacuated to the nearest NHS A&E facility (cardiac arrest, neuro-trauma, suspected spinal injury). However in times of medical uncertainty, under the medical supervision of Professor Fares Haddad, we work with the athletes' medical representatives to ascertain if the elite sports concierge pathway is suitable to ensure the highest possible standards of care are provided to ill or injured athletes.

YOUR ELITE SPORTS CONCIERGE MEMBERSHIP

HCA Healthcare UK has initiated an exclusive membership scheme that avoids tiered offer systems consistent with other providers, instead offering sports clubs and institutions an all-encompassing service for an annual membership fee of **£6,000 GBP**.*

Your membership includes:

- Cover for all athletes and staff aged 18+ officially registered with your club
- Players' immediate families also covered
- Dedicated support from Elite Sports Concierge Manager
- Seamless VIP pathway into The Princess Grace Hospital or the The Wellington Hospital and all ISEH specialist clinics
- Multidisciplinary care from HCA UK's leading consultants
- Rapid access to diagnostics and treatment
- Intensive care facilities to support complex care



*Consultant, diagnostic and treatment fees are not included.

HCA Healthcare UK

HCA Healthcare UK are unique in that they cover virtually all aspects of medicine from prevention and diagnosis through to treatment and aftercare.

Once your athletes are with us, we will do everything in our power to ensure they can actively return to competing as quickly as possible.

AT THE FOREFRONT OF OUTSTANDING CARE



The only private hospital group to have the highest level of critical care beds in all of its hospitals



Working with over 3,000 carefully selected consultants

PLACING THE HEALTH OF ATHLETES AT THE HEART OF ALL WE DO

As leaders in the private healthcare sector, HCA UK continually invest in the most advanced medical technology available, and work closely with eminent consultants with subspecialist expertise in:



Maxillofacial surgery



Orthopaedics



Plastic surgery



Cardiology



Oncology



Gastroenterology



Haematology



Urology

Unrivalled access to a range of healthcare services

URGENT CARE CENTRE

Elite Sports Concierge Service members can access our Urgent Care Centres at The Princess Grace Hospital and The Wellington Hospital, where we can treat a number of conditions including musculoskeletal injuries and minor trauma.

ACUTE ADMISSIONS UNIT

Members will also have access to our Acute Admissions Unit at The Princess Grace Hospital and The Wellington Hospital, for treatment of urgent medical conditions from any one of our multidisciplinary team of specialists.



HCA HEALTHCARE UK - THERE FOR YOU AND YOUR FAMILY

As one of the largest healthcare providers in the world and the largest provider of privately funded healthcare in the UK, HCA UK's philosophy is to improve the quality of human life above all else - with an unflinching commitment to innovation and advancing clinical care to the highest possible standards.

DEDICATED TO THE IMMEDIATE AND EARLY MANAGEMENT OF ATHLETES WHO REQUIRE URGENT MEDICAL ATTENTION

The Institute of Sport, Exercise and Health

The Institute of Sport, Exercise and Health (ISEH) was formed in 2013 to provide exceptional standards of sports and exercise medicine that were previously only available to elite sportspeople.

Our mission is to provide excellence in the diagnosis, prognosis and treatment of sports injuries and illnesses, whilst bridging the gap between elite sport and recreational physical activity to support the improvement in the health of the nation.

The ISEH is a partnership between UCLH (University College London Hospitals, NHS Foundation Trust), HCA Healthcare UK, UCL, the English Institute of Sport and the British Olympic Association. ISEH combines the leading minds of the healthcare, research and education sectors to improve the health and wellbeing of individuals participating in sport.



HIGH-QUALITY RESEARCH SUPPORTS ISEH'S VISION TO BE THE LEADING INSTITUTE FOR SPORTS AND EXERCISE MEDICINE IN THE WORLD BY 2030



YOUR PERFORMANCE OUR EXPERTISE

As a preeminent institute for sports medicine and orthopaedics, our clinicians provide patients with expert opinions, diagnosis, treatment and ongoing management for all acute and chronic musculoskeletal conditions, together with expert sub-specialties that include sports neurology, sports cardiology, and sports respiratory medicine.

In 2015, ISEH was accredited as a Research Centre for Prevention of Injury and Protection of Athlete Health by the International Olympic Committee (IOC) to research, develop and implement effective preventive and treatment strategies for sports-related injuries and illnesses.

The ISEH is a partnership between:



HCAHealthcare uk



University College London Hospitals NHS Foundation Trust





COMPLEX MEDICAL NEEDS WORLD-CLASS CARE

OTHER ISEH MEDICAL SERVICES

The Elite Sports Concierge Service enables access to our world-leading specialist clinics at The Institute of Sport, Exercise and Health (ISEH).

PRE-SIGNING MEDICALS

ISEH has a proven track record in providing discrete pre-signing medicals to Premier League, Championship and international football clubs, and will accommodate evenings, weekends and last-minute requests to meet tight deadlines.

All medicals are treated with the strictest of confidentiality and concierge from Heathrow and interpretation services are available on request.

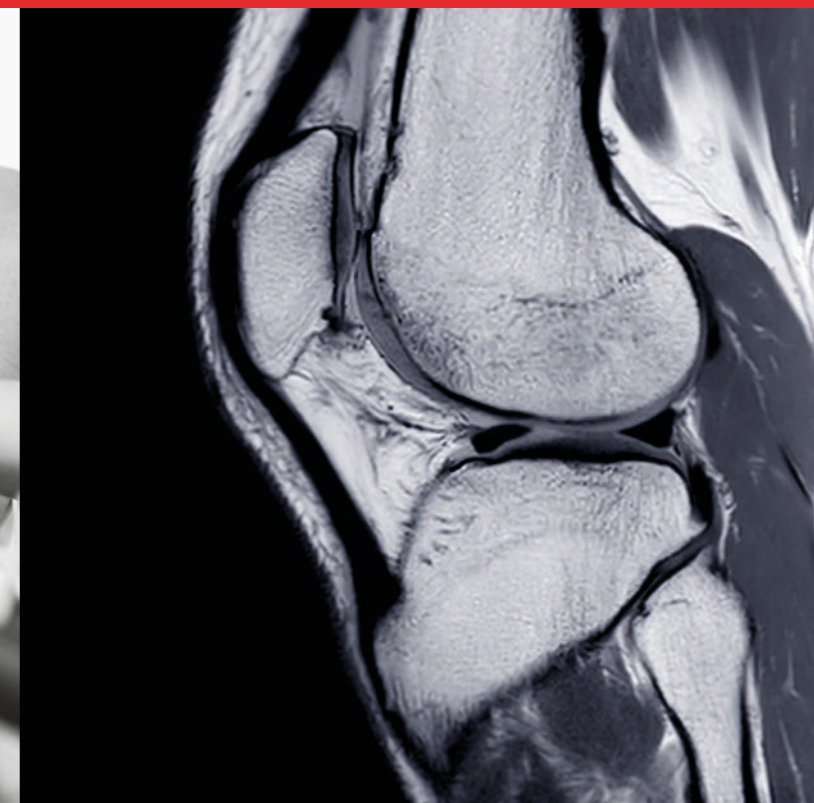
MEDICALS TAILORED TO YOUR NEEDS

Bespoke medical packages are available to accommodate the needs of individual clubs and athletes.

The ISEH offers:

- Blood and urine tests
- MSK and orthopaedic assessment
- Cardiac and respiratory evaluation
- MRI, X-Ray and ultrasound
- Ophthalmic examination
- Strength and performance profiling
- Eucapnic voluntary hyperventilation assessment

MEDICALS ARE TREATED WITH THE STRICTEST OF CONFIDENTIALITY



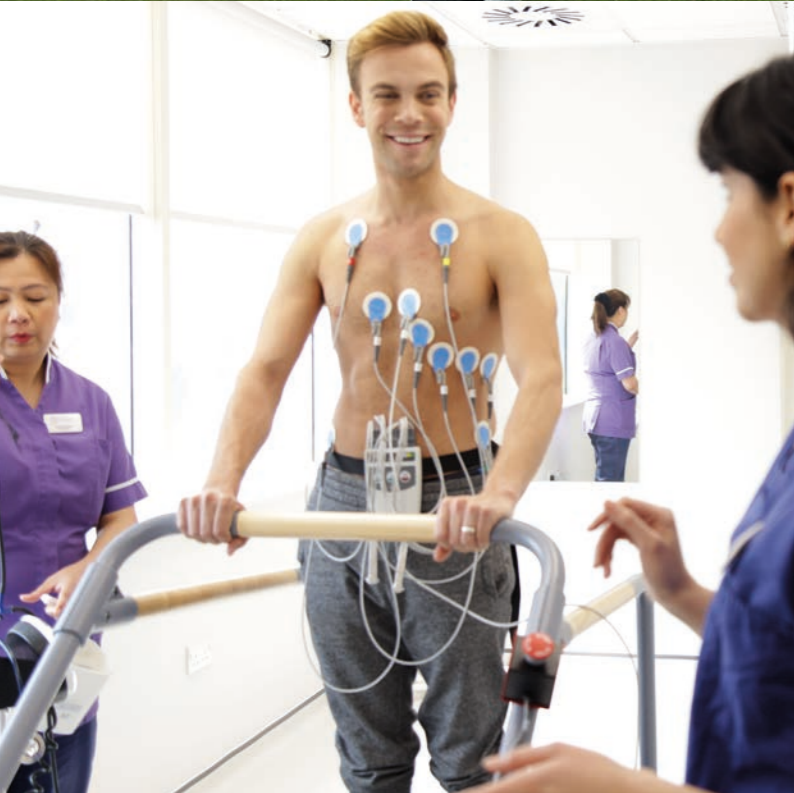


CONCUSSION CLINIC

The ISEH, in collaboration with the National Hospital for Neurology and Neurosurgery, has established a world-leading one-stop multidisciplinary clinic for professional and amateur athletes with concussion-related issues.

Patients with concussion will benefit from the input of our neuropsychologist, vestibular rehabilitation specialist, neurologist and exercise medicine consultant to help them recover and return to normal activities.

ISEH are experts in managing the acute and long-term effects of sports-related concussion



SPORTS CARDIOLOGY CLINIC

Using the very latest diagnostic technology to assess and treat cardiovascular health, the ISEH offer the full range of cardiac services and excel in resolving complex, exercise-related heart issues such as:

- Chest pain or palpitations during exercise
- New or unexplained breathlessness
- Family history of sudden cardiac death
- Abnormal electrocardiogram picked up through routine medical

SUDDEN CARDIAC DEATH IS THE LEADING MEDICAL CAUSE OF DEATH IN ATHLETES

MOBILE CARDIAC LABORATORY

The ISEH's exceptional Mobile Cardiac Laboratory service can perform cardiac and respiratory evaluation at any athletic training venue in the UK and Europe, delivering bespoke screening protocols or standard FIFA and IOC protocols as required.

Our Mobile Cardiac Laboratory offers:

- Resting 12-lead ECG
- Resting and exercise echocardiography
- CPET and exercise stress testing
- 7-day ambulatory ECG
- Risk stratification and recommendations for returning to competitive and/or recreational sport

ISEH CLINICIANS HAVE EXAMINED THE HEARTS OF OVER **30,000** ATHLETES



SPORTS RESPIRATORY CLINIC

The ISEH Sports Respiratory Clinic provides highly specialised assessments, combining world-leading expertise in the field of sports respiratory medicine with advanced testing and therapies to help resolve respiratory problems that include:

- Breathlessness, coughing and/or throat irritation during exercise
- Recurrent respiratory tract infections
- Asthma and exercise-induced asthma
- Atypical chest pain during sport
- Nasal and hay fever-related respiratory problems in athletes

THE MOST FREQUENTLY ENCOUNTERED CHRONIC RESPIRATORY CONDITION IN ATHLETES IS AIRWAYS DISEASE

Following patient testing, we assess individual results with our multidisciplinary team of breathing and upper airway experts to provide clients with a bespoke and personalised treatment plan for any respiratory problems.

TENDON CLINIC

The ISEH Tendon Clinic is the only one-stop combined tendon clinic in London dedicated to the assessment and treatment of upper and lower tendon injuries.

The clinic is led by leading consultant sports and musculoskeletal physicians and specialist physiotherapists who offer the following services:

- Thorough medical history review
- Clinical examination
- Ultrasound and UTC scan
- Strength testing and relative strength testing

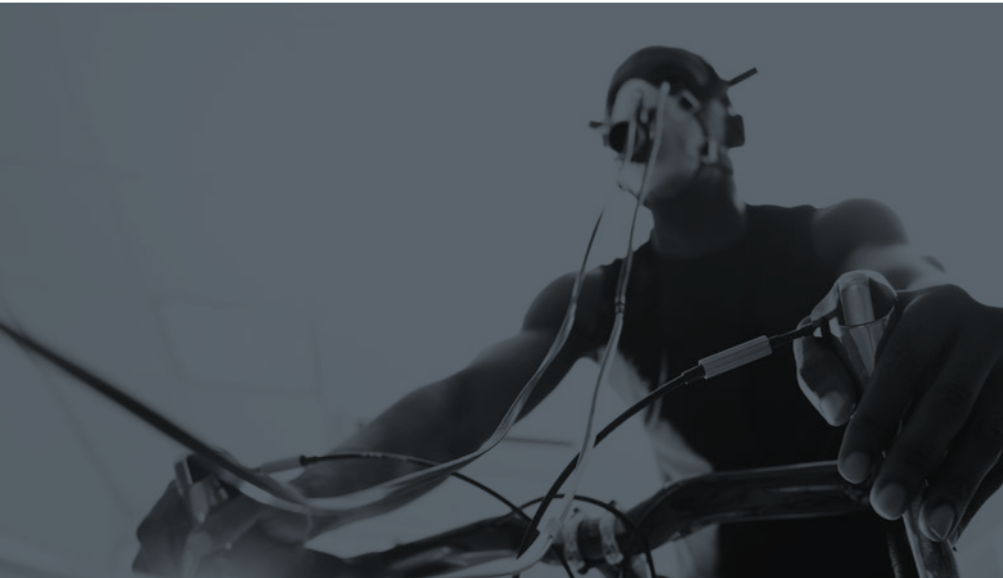
Following the consultation, an individualised evidence-based treatment programme tailored to the athletes needs and goals will be implemented.

Treatment options include:

- Injection therapy
- Shockwave therapy
- Minimally invasive procedure or surgery

Our clinic offers minimally invasive scraping procedures for achilles and patellar tendons under ultrasound guidance. We also work with the world's leading surgeons ensuring athletes are seen by the most suitable specialist for their condition.

TENDINOPATHY IS A CRITICAL MEDICAL CONDITION THAT OFTEN HINDERS TRAINING AND COMPETITION



SPORTS NUTRITION AND RECOVERY CLINIC

The ISEH Sports and Nutrition Clinic provides a highly specialised performance nutrition service to meet the individualised dietary requirements of all levels of athlete. We are experts in supporting the nutritional requirements of individuals following sports injury and in providing impartial advice about all forms of sports supplementation.

The ISEH Sports and Nutrition Clinic:

- World-class performance nutrition programming, including individualised competition and recovery strategies
- Dietary assessment and bespoke nutrition strategy tailored to needs of individual
- Body composition analysis using DXA or anthropometry (skinfolds)
- Blood (laboratory) support to optimise nutrition programming
- Pre and post-surgery weight management
- Hydration, travel and immunity support for athletes competing in foreign and challenging environmental conditions

ISEH HAS A PROVEN TRACK RECORD OF CLINICAL SUPPORT FOR INJURED ATHLETES AND NON-ATHLETES, WORKING ALONGSIDE COACHES AND PERFORMANCE TEAMS TO ASSIST WITH THE DESIGN AND APPLICATION OF TRAINING REGIMES TO ENHANCE ATHLETIC PERFORMANCE



INJURY ASSESSMENT UNIT

To ensure athletes achieve their maximum performance following injury and/or surgery, continuous assessment is required to support the clinician and patient. This process individualises athlete management, helping guide decision making throughout rehabilitation and monitoring the patient's readiness for return to sport.

The ISEH Injury Assessment Unit provides a multi-mode and multidisciplinary approach, with standardized assessments performed routinely at specified time points.

There are three major components:

- Clinical assessment
- Strength diagnostics
- Movement screening

In addition, a multidisciplinary service is offered to patients on request from disciplines within physiology and sports science inclusive of cardiovascular testing, sports psychology and nutrition. Routine follow-up is also included so that long-term progress can be monitored, and patient outcomes are optimized.

USING PERSONALISED DATA TO INFORM REHABILITATION PATHWAYS FOR INJURED ATHLETES

WITH YOU 100%

To enquire about the
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