

The university stands for new thinking, best practice and professional excellence.

That's why Bolton One is the ideal setting for this innovative clinic which benefits from the latest academic research and the expertise of professionals with a first-class regional and national reputation.

The clinic is a teaching clinic where students from the Sports Rehabilitation degree can learn and get hands on experience and provide excellent standards of treatment.

The clinic is involved in many charity events providing massage for fundraising competitors in local sporting activities such as; the Bolton 10k, the Wilmslow half marathon, the three peaks challenge, and the 24hour help for heroes football event.

Treatments

Massage – reduces muscle spasm, loosens scar tissue and accelerates the healing process

Mobilisation – Applied movements to reduce stiffness

Manipulation – High velocity mobilisation to restore normal movement

Rehabilitation Programme – individual programmes devised to re-educate and restore weak or deficient muscles.

Electrotherapies – A variety of modalities that relieve pain and enhance healing.

Acupuncture – available to treat a variety of musculoskeletal conditions.

Hydro & Aquatherapy – water-based therapy to aid recovery, maintain strength and flexibility in a non-weight bearing environment.

Prevention – Assessing the causes of injuries, and preventing re-occurrence through use of postural strengthening and ergonomic assessment.

Philosophy

We aim to assess and treat musculoskeletal injuries using current and evidenced treatment techniques. We aim to ensure our patients can manage their conditions, return to full activities at the most appropriate time and prevent re-occurrence. Where the condition is beyond our scope of practice we aim to ensure the patient is directed to the correct health professional in the shortest time possible.

Expertise

- soft tissue trauma
- tendon, ligament and muscle injuries
- neck pain
- back pain
- chronic stiffness
- post-operative rehabilitation

What to expect

The Sports and Spinal Injuries Clinic is linked to the University of Bolton's Sports Rehabilitation BSc (Hons) Degree. Massage treatments are provided by our second and third-year students.

Assessment and treatment of injuries is clinician-led with the supervised assistance of students. This gives our students a broad range of theoretical and vocational skills and knowledge that will equip them for the role of a sports rehabilitation professional.

You can expect to receive the most up-to-date and evidence based treatment, from experienced professionals.

Please bring shorts and T-shirt or swimwear to wear during treatment, as appropriate.



Price List

Massage

A therapeutic sports massage provided by our students concentrating on back, neck and shoulders or legs.

£7

Assessment

Taking up to an hour, an assessment of your injury will be made by taking a history of your condition and carrying out a physical assessment. Treatment is also provided if appropriate.

£22

Treatment session

Following your assessment, treatment sessions lasting approximately 30 minutes will be recommended as appropriate and may include manual therapy, electrotherapy and exercise prescription.

£17

Hydro/aqua treatment

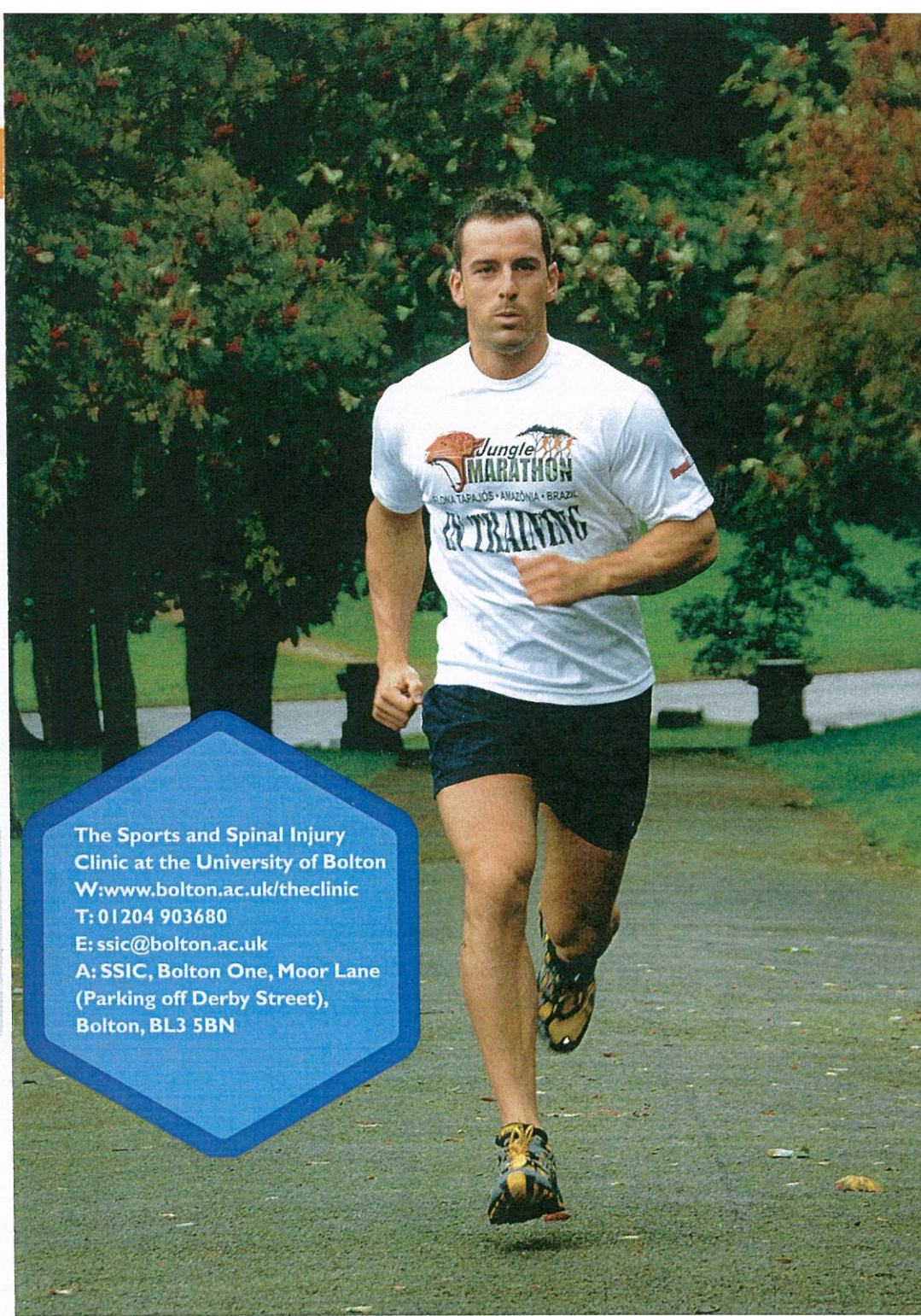
prices on request.

Acupuncture session

£22

Medical insurance

The Sports and Spinal Injuries Clinic provides treatment to patients covered by major insurance companies. Patients may be able to claim back the cost of their treatment through their medical policy, however, this must be checked with their insurers if they wish to claim.



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