



Elite Sport Pre-Signing Medicals

The ISEH and the Service

The Institute of Sport Exercise and Health's (ISEH) mission is to lead the world in delivering excellence in elite sports performance, sports injury prevention and management.

The Institute of Sport Exercise and Health is one of three locations forming the National Centre for Sport and Exercise Medicine (NCSEM), which is a major legacy project of the 2012 London Olympic Games.

The ISEH provides excellence in sports performance, prevention and management of injuries, and exercise prescription for the betterment of the health of the population bridging the gap between elite and amateur sports. The development of our specialised sports screening program allows all walks of physically active individuals access to the same diagnostic and clinical expertise that is on offer to the world's best athletes.

At ISEH we fully understand the stresses placed on the club medical team at the time of player acquisition. There is pressure to rapidly obtain information on the player's health and concisely report these findings back to the club owners, board and manager - all within a very tight time frame. For this reason, ISEH and HCA International have developed a flexible yet comprehensive pre-signing screening service for Premiership and elite footballers from UK and European clubs.

The service is coordinated by our elite medical concierge team - led by Dr Akbar de Medici - who are able to supplement the screening process with any required expertise, such as cardiology, orthopaedics, radiology, neurosurgery, podiatry, physiotherapy etc. All medical experts involved have extensive experience within elite sport. We fully involve the club doctors and physiotherapists at each stage to ensure they are part of every investigation.

The Package

The basic package includes:

- 6 part 3T MRI scans (lumbar spine, bilateral hips, knees and ankles) all fully reported by a specialist Consultant Musculoskeletal Radiologist
- Anthropometrics and baseline medical data - height, weight, body composition, blood pressure, saturations and peak flow
- Echocardiogram and 12 lead ECG - reported by Consultant Sports Cardiologist

Extensive blood tests and screening, including:

- Haematinics
- Infection screen
- Full Blood Count
- Liver function
- Renal function
- Vitamin D
- Thyroid function

Priced at £3945.00.

Recommended additional services:

- Comprehensive MSK review by world-leading orthopaedic consultant - £1000
- Double reporting is available on request

Supplementary tests (if required):

- Ultrasound
- X-Ray
- Stress ECG
- Any specialist medical review - e.g. endocrine, neurology etc

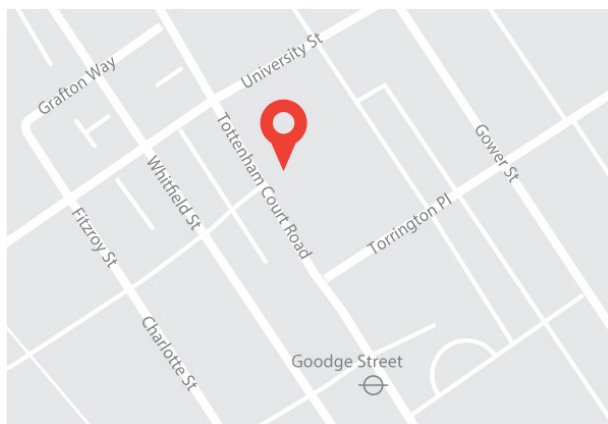
We appreciate the urgency of information so, where possible, we aim to give verbal reports on the same day. However, some blood tests take longer to process and these are sent as soon as they are processed - a formal report is issued once all tests are recorded.

Testimonial

'I have found the pre-signing medical screening service co-ordinated by Dr Akbar de' Medici to be a reliable, prompt, professional and discreet service that has certainly streamlined what can be a stressful process for medical staff at elite football clubs.

I would recommend both the elite sport concierge service and the pre-signing medical service to any professional sports organisation that needs to screen participants promptly and in an extremely professional manner'

Richard Collinge, Head of Medical, Watford Football Club



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