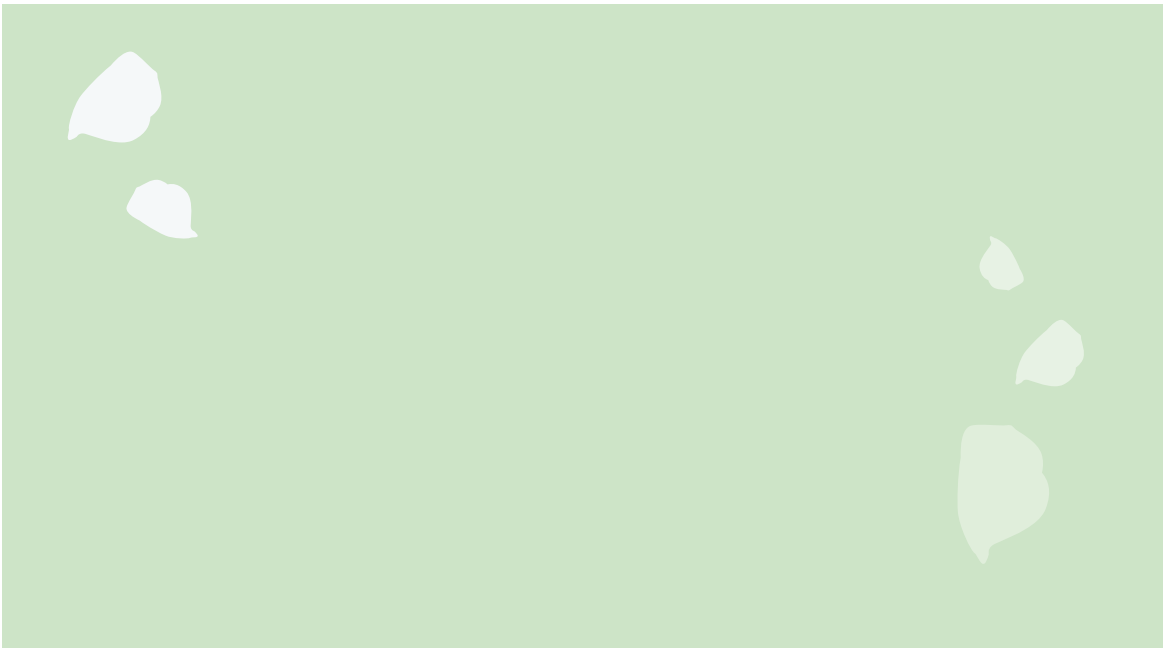




the lister hospital

CHELSEA MEDICAL CENTRE

272 kings road



Chelsea Medical Centre includes The Lister Hospital's outpatient physiotherapy service, Chelsea Sports & Physiotherapy Clinic, and an independent private general practice, the Moore Medical Practice. Based at 272 Kings Road, the Centre provides spacious, modern facilities for patients and is conveniently situated close to Chelsea Outpatient Centre at 280 Kings Road. Chelsea Outpatient Centre provides patients with the full range of diagnostic facilities and offers access to many leading London consultants.



Chelsea Sports & Physiotherapy Clinic

Chelsea Sports & Physiotherapy Clinic offers a dedicated outpatient physiotherapy service from The Lister Hospital.

If you're recovering from an operation or have been affected by an injury, our physiotherapy team can assist your recuperation and recovery by helping to restore your movement and muscle function.

Our physiotherapists recognise that every patient is unique; that's why we provide a comprehensive range of treatments tailored to meet your exact needs. From short courses to longer rehabilitation programmes, our physiotherapists offer therapies and solutions for a wide range of common problems including:

- Back pain
- Hip and groin injuries
- Elbow pain
- Knee injuries
- Foot and ankle pain
- Neck pain
- Hand and wrist pain
- Shoulder pain



Our physiotherapists

The small, highly-skilled team have a wealth of experience in treating a wide range of musculoskeletal conditions and muscle, bone and joint problems. As a patient at Chelsea Sports & Physiotherapy Clinic, you'll be assigned a dedicated physiotherapist who will facilitate your recuperation, ensuring it follows the best course possible, whether you require manipulation, massage, rehabilitation or just expert guidance.

Chelsea Sports & Physiotherapy Clinic patient feedback

We try to ensure that you have a positive experience with us at Chelsea Medical Centre and continuously strive to improve our service. If you have any concerns or complaints, we will endeavour to resolve them to your complete satisfaction.

When you visit your physiotherapist, you will be asked to complete a short feedback form which you can either return by hand before you leave the Centre, or you can post it back to us at a later date.

Chelsea Sports & Physiotherapy Clinic (continued)



Specialities

Our range of private physiotherapy services includes:

- Acupuncture
- Chronic pain management
- Electrotherapy
- Isokinetic muscle testing and rehabilitation
- Manual therapy and muscle energy techniques
- Massage
- Phototherapy
- Pilates
- Treatment of musculo-skeletal injuries
- Treatment of sports injuries



Women's health

Our specialist Women's health physiotherapists can treat a range of conditions relating to women's health including:

- Bladder control
- Menopausal symptoms
- Post gynaecological surgery recovery
- Post hysterectomy
- Stress incontinence
- Weak pelvic floor muscles

Therapies include:

- Acupuncture / dry needling
- Bowen therapy
- Massage
- Reflexology



Chelsea Sports & Physiotherapy Clinic (continued)



FitBack & Bumps

FitBack & Bumps is a physiotherapist lead ante and post natal exercise programme to help you to:

- Exercise safely during and after your pregnancy
- Reduce the aches and pains associated with pregnancy
- Strengthen your pelvic floor muscles, thereby reducing stress incontinence
- Improve your posture
- Reduce back and pelvic pain by strengthening your core
- Flatten your tummy after you've given birth
- Share your pregnancy experiences and make new friends locally



Find out more about each of these services online at
www.chelseamedicalcentre.com

Appointments

Physiotherapy appointments are available during the following times:

- Monday to Thursday 8.00am – 8.00pm
- Friday 8.00am – 6.00pm

Book an appointment with one of our Physiotherapists:

t: +44 (0)20 7824 8041

f: +44 (0)20 7881 4043

e: physio.lister@hcahealthcare.co.uk

w: www.chelseamedicalcentre.com > sports and physiotherapy clinic

The Moore Medical Practice at Chelsea Medical Centre

The Moore Medical Practice is an independent General Practice located within Chelsea Medical Centre. It is a long established Family Practice, well renowned for its expertise and ability to refer to all of London's leading specialists.

The doctors see patients of all ages and are experienced in:

- general medicine
- paediatrics & immunisations
- women's health
- mental health
- nutritional medicine
- preventative medicine
- sports medicine
- travel vaccinations
- acupuncture.



The Practice provides 24 hour cover throughout the week and at weekends.

Test results

The Practice provides an excellent and efficient service ensuring that X-rays, blood and other investigation results will be given to you in writing or by telephone within a few days.

How much will it cost to see a private GP?

Prices vary - check the Moore Medical Practice website at

www.drsimonmoore.co.uk

for further details on fees, or call

020 7349 1490 for more information.

Appointments

Doctor appointments are available at the following times:

- Monday to Friday 8.30am – 6.00pm

Book an appointment with one of the doctors

t: +44 (0)20 7349 1490

f: +44 (0)20 7349 1491

e: info@drsimonmoore.co.uk

w: www.drsimonmoore.co.uk

Directions to Chelsea Medical Centre

Chelsea Medical Centre is at 272 Kings Road. About 15 minutes walk from Sloane Square, the Centre is located just past Chelsea Town Hall and on the same side of the road as Chelsea Fire Station.

Well positioned for Sloane Square and South Kensington tube stations, the Centre has good road links to Victoria mainline station and London's major airports.

By London Underground: The nearest tube stations are Sloane Square and South Kensington (District and Circle lines), both of which are about 15 minutes' walk away.

By bus: Bus numbers 11, 19, 22 and 319 stop just outside Chelsea Medical Centre.

By train: The nearest mainline train station is London Victoria, which is about 20 minutes by road.

Parking information: Metered and resident's parking is available on side roads nearby and there is a Barclays bike hire station in Manresa Road. There is also a public car park nearby in Sydney Street.



Chelsea Medical Centre

272 Kings Road, London, SW3 5AW

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e: info@chelseamedicalcentre.com w: www.chelseamedicalcentre.com

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