

How to find us

Getting to Mile End Hospital

By road:

Mile End Hospital's main entrance is situated in Bancroft Road, off Mile End Road. Car parking is limited, with some disabled bays on site and a few on-street pay and display bays.

By bus:

Mile End Road - 25;
Globe Road - 309;
Grove Road - 277 and D6;
Roman Road - 8 and D6;
Terminating at Mile End Station - D5 and D7.

By tube:

Mile End Station - District, Central and Hammersmith and City lines;
Stepney Green - District and Hammersmith and City lines.

Getting to the Barkantine Clinic

Docklands Light Railway stations Crossharbour, South Quay and Canary Wharf are all approximately a 10-15 minute walk away. Buses D3 and D7 stop outside the centre. There is minimal parking in surrounding streets.

"I'm now pain-free, have surpassed my goals and regained the quality of life I desired." Emma Mitchell

The patient's perspective

Emma Mitchell was previously the captain of England's Women's Rugby team, and is now a coach. During a game, she ruptured the anterior cruciate ligament in her knee, diagnosed using imaging and the skills of her surgeon. Her treatment by our Sports and Exercise Medicine professionals involved reconstructive surgery, followed by an intensive rehabilitation programme under the guidance of a specialist physiotherapist.

“My rehabilitation lasted for eight months and was one of the toughest challenges I'd ever faced. This got me back to sport at national level. I later suffered a further injury and wondered if I would even be able to coach. The carefully designed training, in the gym and in the hydrotherapy pool, helped me rebuild my strength and confidence. This, coupled with the massive level of support and encouragement from the Sports and Exercise Medicine team, helped me back to coaching.”



Barts and The London 
NHS Trust

Tower Hamlets 
Primary Care Trust

Centre for Sports and Exercise Medicine

Excellent clinical outcomes

Fast access to leading medical experts

International reputation for training

Health professionals version



What is sports and exercise medicine?

Sports and exercise medicine deals with both sports injury and exercise for health. We cover:

- **Sports injuries:** from elite athletes to weekend warriors, whether an injury occurred during sport or is preventing sporting activity.
- **Exercise medicine:** this includes using the prescription of exercise in disease prevention and promoting better health.

Barts and The London Centre for Sports and Exercise Medicine

Our centre is based at Mile End Hospital in east London, and we are part of Barts and The London NHS Trust, one of Britain's top teaching hospital trusts.

We have some of Britain's leading specialists on our team – all our senior clinicians have had clinical posts with national or international sports teams ranging from Olympic sports to professional rugby, basketball and football teams. Their expertise benefits all of our patients, including those coming in for more routine procedures.

What we do

Our aim is to help everyone to return to optimal levels of fitness and health. We treat people of all ages (children and adults), able-bodied and disabled people, and aim to offer our patients an appointment within three weeks of receipt of referral. As an NHS facility, there is no charge to UK residents for our services.

Our services include:

- Multi-disciplinary assessment and investigations
- Physiotherapeutic rehabilitation in a dedicated gym
- Biomechanical (podiatric) assessment and orthotic fabrication
- Image guided injection
- A full range of diagnostic tests
- Compartment pressure testing for exercise-induced leg pain
- Isokinetic testing
- Hydrotherapy
- A full complement of supporting specialists

We also provide an extensive academic and research programme and are actively involved in research trials.



Conditions treated

- Ankle sprains
- Knee injuries
- Exercise related shin pain
- Muscle contusions
- Calf muscle tears
- Elbow, wrist and hand injuries
- Hip/groin injuries
- Shoulder injuries
- Back pain

These are examples – contact us if you require further information or advice.

Our staff

Our team of experts include:

- **Dr Ian Beasley**, Consultant Sports Physician
- **Mr Mike Glover**, Specialist Sports Physiotherapist
- **Mr David Goodier**, Consultant Trauma and Orthopaedic Surgeon
- **Dr Rosy Jalan**, Consultant Radiologist
- **Mr John King**, Consultant orthopaedic surgeon
- **Dr Dylan Morrissey**, ESP Physiotherapist and Senior Clinical Lecturer
- **Dr Nat Padhiar**, Consultant Podiatrist and Honorary Senior Lecturer
- **Dr David Perry**, Consultant Rheumatologist and Lead Clinician
- **Dr Tom Crisp**, Sports Physician
- **Dr Chris Rufford**, Sports Physician
- **Dr Muaze Ahmad**, Consultant Radiologist
- **Dr Sujit Vaidya**, Consultant Radiologist.

Referral process

Our current waiting time is 14 days. Referrals can be made by any of the following methods, with appointments offered within three weeks of receipt of referral. We accept referrals from across the south east of England. Patients can be seen at the Barkantine Clinic or at Mile End hospital.

Choose and Book

By post

Send your referral to:

Centre for Sports and Exercise Medicine
Royal London Hospital (Mile End site)
Bancroft Road
London E1 4DG

By fax

Our fax number is 020 8223 8930

To discuss potential referrals you can contact us in the following ways:

By e-mail

Our email address is

SEM@bartsandthelondon.nhs.uk

By phone

Please call on a Tuesday am at the Barkantine clinic on 020 7791 8080 and a Tuesday pm at Mile End Hospital on 020 8223 8846

Our website

www.bartsandthelondon.nhs.uk/sem



How to find us

Getting to Mile End Hospital

By road:

Mile End Hospital's main entrance is situated in Bancroft Road, off Mile End Road. Car parking is limited, with some disabled bays on site and a few on-street pay and display bays.

By bus:

Mile End Road - 25;
Globe Road - 309;
Grove Road - 277 and D6;
Roman Road - 8 and D6;
Terminating at Mile End Station - D5 and D7.

By tube:

Mile End Station - District, Central and Hammersmith and City lines;
Stepney Green - District and Hammersmith and City lines.

Getting to the Barkantine Clinic

Docklands Light Railway stations Crossharbour, South Quay and Canary Wharf are all approximately a 10-15 minute walk away. Buses D3 and D7 stop outside the centre. There is minimal parking in surrounding streets.

"I'm now pain-free, have surpassed my goals and regained the quality of life I desired." Emma Mitchell

The patient's perspective

Emma Mitchell was previously the captain of England's Women's Rugby team, and is now a coach. During a game, she ruptured the anterior cruciate ligament in her knee, diagnosed using imaging and the skills of her surgeon. Her treatment by our Sports and Exercise Medicine professionals involved reconstructive surgery, followed by an intensive rehabilitation programme under the guidance of a specialist physiotherapist.

“My rehabilitation lasted for eight months and was one of the toughest challenges I'd ever faced. This got me back to sport at national level. I later suffered a further injury and wondered if I would even be able to coach. The carefully designed training, in the gym and in the hydrotherapy pool, helped me rebuild my strength and confidence. This, coupled with the massive level of support and encouragement from the Sports and Exercise Medicine team, helped me back to coaching.”



Barts and The London 
NHS Trust

Tower Hamlets 
Primary Care Trust

Centre for Sports and Exercise Medicine

Fast access to leading
medical experts

Excellent clinical outcomes



What is sports and exercise medicine?

Sports and exercise medicine deals with both sports injury and exercise for health. We cover:

- **Sports injuries:** from elite athletes to weekend warriors, whether an injury occurred during sport or is preventing sporting activity.
- **Exercise medicine:** this includes using the prescription of exercise in disease prevention and promoting better health.

Barts and The London Centre for Sports and Exercise Medicine

Our centre is based at Mile End Hospital in east London, and we are part of Barts and The London NHS Trust, one of Britain's top teaching hospital trusts.

We have some of Britain's leading specialists on our team – all our senior clinicians have had clinical posts with national or international sports teams ranging from Olympic sports to professional rugby, basketball and football teams. Their expertise benefits all of our patients, including those coming in for more routine procedures.

What we do

Our aim is to help everyone to return to optimal levels of fitness and health. We treat people of all ages (children and adults), able-bodied and disabled people, and aim to offer our patients an appointment within three weeks of receipt of referral. As an NHS facility, there is no charge to UK residents for our services.

Our services include:

- Multi-disciplinary assessment and investigations
- Physiotherapeutic rehabilitation in a dedicated gym
- Biomechanical (podiatric) assessment and orthotic fabrication
- Image guided injection
- A full range of diagnostic tests
- Compartment pressure testing for exercise-induced leg pain
- Isokinetic testing
- Hydrotherapy
- A full complement of supporting specialists

We also provide an extensive academic and research programme and are actively involved in research trials.



Conditions treated

- Ankle sprains
- Knee injuries
- Exercise related shin pain
- Muscle contusions
- Calf muscle tears
- Elbow, wrist and hand injuries
- Hip/groin injuries
- Shoulder injuries
- Back pain

These are examples – contact us if you require further information or advice.

Our staff

Our team of experts include:

- **Dr Ian Beasley**, Consultant Sports Physician
- **Mr Mike Glover**, Specialist Sports Physiotherapist
- **Mr David Goodier**, Consultant Trauma and Orthopaedic Surgeon
- **Dr Rosy Jalan**, Consultant Radiologist
- **Mr John King**, Consultant orthopaedic surgeon
- **Dr Dylan Morrissey**, ESP Physiotherapist and Senior Clinical Lecturer
- **Dr Nat Padhiar**, Consultant Podiatrist and Honorary Senior Lecturer
- **Dr David Perry**, Consultant Rheumatologist and Lead Clinician
- **Dr Tom Crisp**, Sports Physician
- **Dr Chris Rufford**, Sports Physician
- **Dr Muaze Ahmad**, Consultant Radiologist
- **Dr Sujit Vaidya**, Consultant Radiologist.

Choosing us for your treatment

If you have a sports or exercise-related injury or condition and would like to receive treatment at our centre, please speak to your GP or hospital doctor and ask them to refer you. **Our current waiting time is 14 days.**

Once we have received your referral, we will contact you to arrange an appointment.

Centre for Sports and Exercise Medicine
Royal London Hospital (Mile End site)
Bancroft Road
London E1 4DG

Tel: 020 8223 8828
Fax: 020 8223 8930

E-mail: SEM@bartsandthelondon.nhs.uk
Web: www.bartsandthelondon.nhs.uk/sem

