

## GCAN High Performance Support Services Scheme

### SERVICE PROVIDERS

Information on each of the Service Providers that you can access can be found below. The details are not exhaustive and in many situations the services that they can supply can be tailored to your individual needs.

Applicants should contact June Swift, at [june.swift@gcan.org.uk](mailto:june.swift@gcan.org.uk) for further guidance on specific services that can be provided by the providers.

Visit the providers websites for more information about what services they can provide.

### PHYSIOTHERAPY CLINICS



With over 25 years combined experience, the Cambridge Medical Centre provides skilled private physiotherapy, sports massage, personal training and Pilates classes.

Website: [www.cambridgemedicalcentre.com](http://www.cambridgemedicalcentre.com)



All of our physiotherapists are members of the Chartered Society of Physiotherapy (CSP) and are registered with the Health Professional's Council (HPC). We are all members of various special interest groups to help ensure that we keep up to date with the latest developments and research within our specialist areas. A wide range of conditions are assessed and treated at the clinics using a range of methods including; manipulation, mobilisation, muscle re-education, core work, acupuncture and active sports-specific rehabilitation.

Website: [www.southcambridgephysio.co.uk](http://www.southcambridgephysio.co.uk)



Physiomobile was established in 1999 by Laurie Woolfenden Grad.Dip. Phys. MCSP to provide physiotherapy treatment at various sites in the city of Cambridge and its surrounding villages. Physiobile Associates are all members of the Chartered Society of Physiotherapy and are registered with the Health Professions Council. Alexandra Hepburn Bsc. MCSP MAACP and Sarah Mampuys Bsc. MCSP MAACP both have a particular interest in the treatment of sports injuries and are active sportswomen themselves.

Website: [www.physiomobile.co.uk](http://www.physiomobile.co.uk)





Core Cambridge are experts in injury treatment, rehabilitation and athletic performance. Our highly-qualified team uses techniques and principles from Physiotherapy, Sports Therapy, Sports Science and Strength & Conditioning to help a diverse client base that ranges from the long-term injured to elite performance

Website: [www.core-cambridge.com](http://www.core-cambridge.com)



The ProActive Clinic is Cambridge specialist running and athletics injury clinic where we treat all problems commonly associated with top performance. The lead practitioner is Sam Boden who is an ex international distance runner having represented England and Great Britain on numerous occasions.

Website: [www.proactive-clinic.co.uk](http://www.proactive-clinic.co.uk)



Sports Therapy and Injury Clinic is based in Sawston, London and The Leys Sports Centre in Cambridge. We are currently treating Ultramarathon and Ironman athletes and were the only clinic to support and give hands on treatment for Eddie Izzard during his Marathon Man Challenge. The clinic has great links with local athletics clubs with some disciplines of C&C training at our Sawston Clinic.

Website: [www.fitforsportclinic.com](http://www.fitforsportclinic.com)

### ACTIVATE PILATES

Opened in March 2009 Activate Pilates offers reformer Pilate session which bring together more traditional Pilates with circuit training exercises alongside personal training and sports massages.

Website: [www.activatepilates.co.uk](http://www.activatepilates.co.uk)



### Cambridge Podiatry and Chiropody Ltd

The practice offers both routine chiropody and biomechanical assessments, which include the use of video gait analysis and pressure mat systems. We are able to prescribe a range of off-the-shelf and custommade insoles/orthoses.

Website: [www.cambridgepodiatry.co.uk](http://www.cambridgepodiatry.co.uk)



The sports science department can provide GCAN with physiological testing and support and workshops that offer academic information on an array of sport related topics.

Website: [www.anglia.ac.uk](http://www.anglia.ac.uk)

**David Nation, Sports Scientist and Support in Sport Psychology Techniques**

Psychology is one of the most important components in sport often influencing how we perform under pressure. Through observational work, interviews and questionnaires I am able to improve areas as concentration, confidence, controlling emotions and developing a more positive attitude