

Central Scotland Institute of Sport

How to get the best out of the Central Scotland Institute of Sport sports medicine system

If you become ill or injured the following should help you to get assistance so that you can recover in the best possible way.

Health Problems

1. Consult your own Doctor or Dr David Pugh who is the Central Scotland Institute of Sport medical advisor.
2. If the problem persists you may require onward referral to a specialist. You should let David Pugh know if this is the case.

Injury Problems

1. Go to a physiotherapist. The Central Scotland Institute of Sport utilises PhysioFocus, Caledonian Physiotherapy and Joan Watt on a sessional basis and will pay for your treatment. We now have a physiotherapist based in the CSIS office on Tuesday mornings.
2. After you first physiotherapy treatment you must let Lianne Muirhead at this office know that you are being treated so that the Central Scotland Institute of Sport can continue to pay for your treatment.
3. If after 6 treatments there is still a problem this should be discussed with David Pugh as you may require referral to a specialist and David is best placed to do this.
4. If you are under 16 you must be accompanied to all physiotherapy sessions by a parent or coach.
5. If in doubt what to do contact David or Lianne at the Central Scotland Institute of Sport office.

Your coach should know of any injury you might have as this might affect your training. Your coach, strength and conditioning coach and physiotherapist will do all they can to ensure that you are able to fully recover in the shortest possible time. This may mean modifying your training programmes.

Remember the system has been set up to help you!!

Contact List:	Dr David Pugh	01786 466485 – CSIS Office
	PhysioFocus	01786 480048 – Brucefields Golf Centre
	Joan Watt	01786 750960 – Tillicoultry
	Caledonian Physio	0131 4784646 – Grangemouth Stadium

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Sports Medicine System

