

Location Map



Patron: H.R.H. The Duchess of Kent

Produced by Dept. of Medical Photography & Illustration - February 1999

Clinical Team

We request that referrals are sent specifically to the Sports Injury Service rather than to a particular Consultant.
Telephone: 01691 404167. Fax: 01691 404052.

Sports Injury Consultants

Mr Dai Rees, M.Ch.Orth. F.R.C.S.

Dai Rees has specialised in sports injury surgery for the past six years. His particular interests are arthroscopic knee surgery, especially ligament and menisci problems, sports spine (spondylolysis) and cartilage cell regeneration.

Mr Simon Roberts, M.A. F.R.C.S. (Orth.)

Since qualifying at Oxford and Cambridge in 1987, Simon Roberts has had extensive experience at Oswestry and has studied in fellowships in the USA, Australia and Europe. His particular interest is arthroscopic surgery of the shoulder, knee and ankle.

Surgical Assistant

Sister Gaynor Kanes, RGN NFAS

Following a long career as a theatre nurse Gaynor has expanded her practice into the field of Sports Injury, and now works as a Surgical Assistant and Nurse Practitioner with the team, providing patient support throughout the surgical cycle.

Sports Injury Physiotherapists

Ms Andrea Bailey GradDipPhys MCSP SRP

Andrea qualified from Leeds University in 1992. Since this time she has worked with a number of professional and semi professional sports teams from gymnasts to football players. Andrea is active in current areas of research and has written and published many evidence based knee rehabilitation protocols.

Ms Jane Hughes BSc(Hons) MCSP SRP

Since qualifying from Salford University in 1994, Jane has gained wide experience in the treatment of sporting injuries. Jane is currently an academy physiotherapist working with a professional football team and as such has specialist knowledge not just in the adult but also the adolescent sports person.

Further Information

Please contact: **Tel: 01691 404167 Fax: 01691 404052**
Surgical queries: **Sister Kanes on Helpline 01691 404165**
Website: **<http://www.sports-surgery.co.uk>**



INVESTOR IN PEOPLE



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The Robert Jones and Agnes Hunt **NHS**
Orthopaedic and District Hospital
NHS Trust

Oswestry, Shropshire SY10 7AG
Tel: 01691 404000, Website: www.rjah.nhs.uk

NHS

**Oswestry Sports
Injury Services**



**Sports Injury
Services**

Produced by Ultimate, 01565 651589. www.ultimate-uk.com

July 2003



One Hundred Years
of Excellence

Purpose

The clinical team provides a first class, comprehensive service in the prevention and treatment of sports related health problems, irrespective of age or ability.

Location

Oswestry Sports Injury Services is based at the specialist NHS Orthopaedic Hospital at Oswestry, North West Shropshire.

The Robert Jones and Agnes Hunt Orthopaedic and District Hospital NHS Trust has an international reputation for orthopaedic surgery and research into disorders of bone and joints, built on extensive experience gained since the inception of the original hospital in 1900.



Dai Rees Consultant in Sports Injury Surgery, with first UK patient to undergo autologous chondrocyte implantation.

Front cover photograph

Arthroscopic surgery in the ultra clean air theatre suite.

Centre photograph

*Left to right:
Simon Roberts (Consultant Sports Injury Surgeon)
Jane Hughes (Senior Sports Physiotherapist)
Nigel Gleeson (Research Clinical Kinesiologist)
Gaynor Kanes (First Surgical Assistant/Nurse Practitioner)
Andrea Bailey (Senior Sports Physiotherapist)
Dai Rees (Consultant Sports Injury Surgeon).*

Range of Services

The range of services at the hospital includes:

- All orthopaedic surgery, including surgery of the hand, shoulder, elbow, spine, hip, groin, knee, foot and ankle
- Joint reconstruction and replacement
- Children's orthopaedic surgery
- Midlands Centre for Spinal Injuries
- Rheumatology
- Metabolic Disorders Unit
- Biomechanical analysis
- Imaging Diagnostic Services



Sports Injury Team.

Facilities

The Sports Injury Service benefits from the extensive range of facilities at the Orthopaedic Hospital, including:

- Unique ultra clean air theatre complex
- Day Case Unit
- Cell regeneration laboratory
- MRI, CT and Isotope bone scanners
- Bone Mineral Densitometry
- Institute of Orthopaedics (teaching and research)
- ORLAU Rehabilitation and Gait Laboratory
- Orthotics - manufacturing and clinical service
- Physiotherapy Department, Gyms and Hydrotherapy Pools
- Private Patients' Wing

Types of Injury

Whilst the reputation of Oswestry Sports Injury Services is grounded in the treatment it provides to professional football players, people involved with sport at any level are welcome to access our NHS or private facilities.

Examples of injuries treated from a wide range of sporting activities include meniscal and ligament problems of the knee, shoulder disorders in throwing and racquet sports, foot and ankle problems in runners, stress fractures of the lumbar spine and groin dysfunction in football players.

Research

Clinical research links exist between the Institute of Orthopaedics and several Universities. In the sports injury field specifically, strong ties have been developed with the University of Wales, Bangor and The Football Association. The sports research programme includes:

- assessment of anterior ligament strain during dynamic physical activity
- the effect of acute endurance exercise on performance of the knee joint and joint injury
- control of joint stability with regard to protection from injury
- effects of muscle fatigue on joint performance and injury
- cartilage cell regeneration
- bio-absorbable implants

Over the past five years more than 50 research papers in sports medicine have been published (list available on request).



Rehabilitation in the Fitness Gymnasium.