



The Joneses Sports Injury Clinic

The Joneses Sport Injury Clinic is a privately run physiotherapy clinic, based at Roko Health & Fitness Club in Portsmouth, Hampshire.

What is Physiotherapy?

Physiotherapy is a healthcare profession with a science foundation. The range of work is very broad, varied and involves working with people to promote their own health and well being

Physiotherapy helps restore movement and function, when someone is affected by injury. Treatment techniques include joint mobilisation, massage, electrotherapy and exercise therapy.

How we can help

Whether you are striving to achieve a gold medal or simply getting fit and maintaining a healthy lifestyle - our physiotherapy services aim to compliment your needs, assisting you to meet your goals and aspirations.

What we do

We are sports injury specialists with a background in professional sport, providing expert treatment, injury prevention and sport specific rehabilitation.

As Physiotherapy delivers an essential component to any training programme we believe that our high standards of care should be available to all.

Day sessions and Events Services

We can provide physio treatment 'off-site' at sporting events, clubs and homes.

'One to One' day sessions are available on site for groups of up to five people.

A sports physiotherapy mobile clinic service is available for sport teams to develop a higher standard of athlete care and pitch side safety. This means our treatments are administered in your clubhouse, changing room, players' home or pitch side. We cover all aspects of treatment regardless of level or nature of sport.

We also offer entire day 'One to One' physio sessions based at Roko Health & Fitness Portsmouth.

Spend the day with individually focused care or alternatively with up to four of your team mates experiencing a day in the life of an injured professional (max five people).

The day comprises of injury assessment, appropriate treatment, exercise therapy, sport specific rehab, functional strengthening and fitness maintenance. The aim is to return you to your sport or activities quickly and in the safest possible time.

Book online at www.SportPhysios.co.uk or for further information or enquiries contact 023 92 639 998.





Our physiotherapy services can help you with:

- Pain
- Arthritis
- Post operative management
- Whiplash injury
- Sciatica
- Re-occurring injuries
- Leg injuries
- Dead legs
- Muscle strains
- Shoulder injuries
- Dislocations
- Impingements
- Elbow injuries
- Golfers and tennis elbow
- Knee injuries
- Ligament and cartilage problems
- Back injuries

Our physio facilities

We use a private room for physiotherapy treatment at Roko Health & Fitness in Portsmouth.

We have full access to the club's generous facilities that include a relaxing coffee lounge, squash and tennis courts, sprung floor studios, extensive gym equipment, spa, and 25m pool.

Physiotherapy Services and Treatments

Initial consultation

During the initial consultation, we will discuss your injury and how it affects both your training and daily activities.

As a result of this discussion we may examine your injury and implement a management regime incorporating appropriate treatment and rehabilitation.

Treatment Programme

All treatment programmes are tailor made to suit your individual needs.

Follow-up appointments

Follow-ups are important to monitor your progress, continue or adapt the agreed treatment regime or to progress your rehabilitation.

Sports massage

Sports massage is highly beneficial for maintaining tissue health, early injury detection and enhancing recovery from training.

Deep tissue massage

Ideal for managing stress and aids relaxation.

Physiotherapy Price list

45 min appointments:

Initial Examination & assessment	£33
ROKO members / under 16's / students	£28
Follow-up treatment sessions	£28
Sports or Deep Tissue massage	£25

Please note: payment via cash or cheque only

Booking

Please contact:

Reception,
ROKO Health Clubs, Portsmouth
Telephone: 02392 651 400

Please note cancellations of bookings within 24 hours of any appointment will incur a cancellation fee (50% of service tariff).