



Sports Injury Clinic

Directory of Consultants and Specialists



How to find us

Centennial Medical Care, 509 Centennial Park, Centennial Way, Elstree.
WD6 3FG



Rail: Closest train station is Elstree & Borehamwood station, closest tube stations are Stanmore (Jubilee line) or Edgware (Northern line). Bus 107 from any of the stations

Road: Leave M1 Junction 4 southbound: Exit at slip road to A41. At next round-about, 360 degree turns A41 northbound. At next round-about turn right by Esso petrol station. Left at next round-about.

On entering Centennial Park, turn into 3rd exit on the left (Phase 500) CMC is straight ahead. Free parking outside and disabled access available

CMC are proud to sponsor the



Opening hours

Monday – Friday 8am – 7pm

Saturday 9am -1pm

Additional Services available at CMC

MRI

Ultrasound

Blood Tests

www.centennialmedical.co.uk

Meet the Team

Consultants



Dr Ian Beasley has worked in professional football for 25 years and is currently Head of Medical Services to the Football Association and team doctor to the England Men's Team. Ian went with the team to the World Cup 2010, 2014 and the European Championships in 2012. Ian is also Medical advisor to The Royal Ballet Company, London.



Dr Richard Weiler works with elite athletes of all ages and abilities, from Team GB athletes to Premier League footballers. Richard has wide experience in the non-operative management of sports injuries, rehabilitating athletes across a wide range of sports as well as non-athletes with musculoskeletal conditions. Richard is currently the team doctor for West Ham F.C.



Dr Nathan Hasson is a Consultant in General Paediatrics and a Consultant in Paediatric Rheumatology at Great Ormond Street Hospital. Nathan specialises in all types of paediatric conditions as well as all aspects of paediatric rheumatology but in particular Benign Joint Hypermobility Syndrome and Juvenile Idiopathic Arthritis.



Dr Steve Johnson is a Consultant Radiologist specialising in Musculoskeletal (MSK) Radiology. With more than 24 years' experience, Steve provides radiology services to professional football and rugby teams including the England Football Team. Steve has extensive experience in the diagnosis of foot and ankle abnormalities and will provide image guided injections for the treatment of tendon ligament and joint conditions.



Dr Patrick McGowan is a Consultant Anaesthetist specialising in chronic pain management with special clinical interests in back pain, neuropathic pain, cancer pain, head and neck pain.



Consultant Psychiatrist **Dr Christine Williams** is experienced in managing psychotropic medication in children and young people engaged in national level sporting activities. Christine recently worked with a young man diagnosed with ADHD in childhood who went on to win medals, including gold, at the Beijing and London Olympic Games.

Clinical Specialists

Physiotherapy



Gary Lewin qualified as a physiotherapist in 1986, training at Arsenal FC with the youth and reserve teams. Gary initially took a position with Guys's Hospital before being offered First Team Physiotherapist with Arsenal FC, a role he retained for 22 years. Whilst with Arsenal FC, Gary was also appointed part-time to the England Senior Men's football team. In 2008, Gary was appointed Head of Physiotherapy Services to the FA and Physiotherapist to the England Senior Men's team.



Richard Collinge has over 16 years post graduate experience in musculoskeletal physiotherapy and rehabilitation of elite athletes. Richard is skilled in electro acupuncture, sports massage, joint mobilisation and advanced rehabilitation techniques and Shockwave Therapy. Richard is currently Head of Medical Services at Watford FC.



Tom Shennan works as a MSK physiotherapist alongside Sports & Exercise Medicine consultants within the NHS. Having a keen interest in Sports Physiotherapy, Tom has vast experience working in different sports including amateur and semi-professional rugby, American football & hockey.



Rachel Harrington, is a paediatric physiotherapist and works with Orthopaedic and Sports Injury Consultants gaining a first-hand knowledge of injuries from diagnosis, through treatment to final rehabilitation. Rachel works with children competing at National level within a variety of sports including swimming, football and golf.

Osteopathy



David Haynes provides osteopathy services and gait analysis to improve pain and sporting performance. David specialises in the treatment of sports people, working with younger people's sports teams and international athletes.



Barry Kleinberg is an osteopath with a special interest in sports treating all MSK conditions including lower back and neck pain, as well as shoulder and knee injuries. Barry has completed his MSc in advanced sports rehab and was an Osteopath at the London 2012 Olympic Games.

Podiatrist



Robert Coombes is a Podiatric physician, a medical specialist who diagnoses and treats conditions affecting the foot, ankle and leg structure. Trained in biomechanics, (the study of posture and walking), Robert is able to provide gait analysis to check for flat foot and other problems. Robert also treats foot, ankle and knee pain and lower limb sports injuries.

Chiropractor



Kevin Leizer has over 24 years of clinical experience as a chiropractor. With his extensive clinical experience Kevin works closely with orthopaedic and pain management consultants, assisting in the treatment needed to fix / treat the underlying causes of problems affecting the musculoskeletal system of the body.

Nutritionist



Jacqueline Birtwisle has worked extensively in clinical and sports performance nutrition for nearly 25 years and has worked with many elite individuals and organizations including GB Diving, GB Rowing, UK Athletics and The Olympic Medical Institute. She is currently Consulting Dietician to the Royal Ballet within their science and healthcare team. To achieve the desired health or performance outcomes, Jacqueline uses nutritional plans that are both practical and evidence-based alongside counseling techniques tailored to individual requirements needs, schedules and lifestyles.