



Crystal Palace Physiotherapy & Sports Injury Centre

Are you suffering from pain,
stiffness or injury?



Get help now by calling us on
020 8778 9050

What We Treat

Are these problems stopping you from doing the things you want to do?

Sports Injuries:

- Muscle tears
- Tendon and ligament problems
- Overuse injuries
- Shoulder problems
- Tennis/golfers elbow
- Knee, ankle and foot pain
- Post-surgical rehabilitation

Other Common Conditions:

- Lower back pain
- Neck pain
- Whiplash injuries
- Arthritis
- Work-related injuries
- Repetitive strain injuries (RSI)
- Motor vehicle accident injuries
- Growing pains



*"The Sports Injury Centre has helped me on many occasions throughout my career. . .they are the people I can trust, and I know I am guaranteed to get the best possible treatment available."
Ronnie Baker, England Men's Basketball Team*

Get help now by calling us on 020 8778 9050

Our Services

Whether you are a sports person or not, you can benefit from a multi-disciplinary practice with over 20 years experience to get you moving again!

Services for your personalised treatment include:

- Physiotherapy
- Sports Massage
- Podiatry
- Doctors
- Pilates
- Nutritional advice
- Psychology

Visit the experts at one of the few purpose built facilities of it's kind in the country.

We are preferred providers with BUPA, AXA PPP and all major Health Care Companies.



"... I was very impressed with the specialist care and advice. We were lucky to find you. My family seem frequent visitors to your clinic and all of the team always provide an excellent service."

Suzanne Christopher, Mother

Get help now by calling us on 020 8778 9050

How You Can Find Us

Address

Jubilee Stand
National Sports Centre
London
SE19 2BB

Web

www.cpsic.co.uk
enquiries@cpsic.co.uk

Clinic Hours

Monday-Thursday 8am-8pm
Friday 8am-4pm
Saturday 9am-1pm

By Car

The Centre is located off the A214 (Anerley Hill) within the Jubilee Stand at the Crystal Palace National Sports Centre. There is free parking outside our ground floor entrance.

By Train

Trains from Victoria, London Bridge and Clapham Junction and Croydon go directly to Crystal Palace Station. We are a short 5 minute walk.

By Bus

The following buses either terminate at or pass through Crystal Palace: No 2, 3, 63, 122, 157, 202, 227, 249, 306, 322, 352, 358, 417, 450, 916, 931, 932, 934. It is approximately a 10-minute walk from the terminus.



"I would like to thank you for allowing me to complete my Diploma of Sports Medicine attachment at your clinic. I was extremely impressed by how knowledgeable everyone was. The service you provide really is exceptional."

Dr Anne-Louise Mackinnon, Sports Doctor

Get help now by calling us on 020 8778 9050