As a skier or snowboarder, you’ll know how easy it is to sustain an injury on the slopes. However, if a minor injury isn’t properly diagnosed and treated immediately, it could become a major problem when you return home.
At London Bridge Hospital, we have two unique clinics designed to help you both before and après ski. Our Ski Injury Prevention Clinic can get you in peak condition prior to your trip, or if you do pick up an injury on the slopes, our Snow Sports Injury Service can get you back on your feet again.

**SKI PREVENTION CLINIC**
Skiing and snowboarding demand a high physical effort and the better your fitness and condition before you go, the less likely you are to injure yourself. Our Physiotherapy Team can put together a ski-specific programme to get you in great shape.
- Pre-season assessment
- Physiotherapy treatment
- Treatment programmes for core stability and strengthening.

**SNOW SPORTS INJURY SERVICE**
If you’ve had an injury on the slopes, the chances are you’ve had a simple assessment without definitive diagnosis at your resort. We provide rapid access to assessment, investigation and diagnosis all at one convenient central London location.
- Rapid assessment with an expert Consultant
- On-site diagnostic imaging, including X-ray and MRI
- On-site post-injury rehabilitation and post-surgery rehabilitation
- Supervised gym-based rehabilitation programmes.

**CONTACT:**
For more information on our Snow Sports Services or for assistance with Consultant referrals, please contact our GP Liaison Team on:
Tel: **0844 800 0696**
Fax: **020 7234 2019**
Email: **info.lbh@hcahealthcare.co.uk**
Web: **www.londonbridgehospital.com**
Opening hours: **Monday-Friday, 8.00am – 6.00pm**