

# Sports Clinic

The Physiotherapy team led by Senior Chartered Physiotherapist, Steve Delea, MISCP, MSc in Sports Physiotherapy, are highly qualified with specialist training in Sports Medicine. They play an integral part in the assessment & rehabilitation of sports injuries & injury prevention.

The dietetics team led by Diarmuid Duggan, Senior Dietitian, BSc Sports Science, HDip Nutritional Science & PgDip Dietetics and Billy Murphy, BSc Sports Science, MSc Nutrition specialising in Sports Nutrition & PgDip Dietetics have the experience and expertise to give you the best chance of reaching your peak performance level.

The clinic offers the following services to those involved in competitive sport or those who enjoy keeping fit:

- Immediate expert assessment and treatment of sports injuries/conditions for all age groups from children/adolescents to the veteran athlete
- Biomechanical assessment and advice
- Orthotic prescription for adults & children
- Rehabilitation pilates
- Taping/strapping
- Injury prevention
- Referral pathway to specialist consultant
- Body composition measurements and tracking using bioelectrical impedance analysis unit

- Assessment of nutritional status and estimation of nutritional requirements; carbohydrate, protein and fluids
- Exercise/sport specific nutritional advice
- Skin fold measurements

## Making an appointment

- No referral needed for consultation with a Chartered Physiotherapist or a Dietitian
- Early morning & evening appointments available
- We endeavour to offer an appointment within 48 hours

Dietetic Department, Bon Secours Hospital,  
College Rd, Cork

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| Telephone | (021) 4941930  |
| Fax       | (021) 4941950  |
| Email     | <a href="mailto:cnutritionist@bonsecours.ie">cnutritionist@bonsecours.ie</a> |
| Web       | <a href="http://www.bonsecours.org/ie/cork">www.bonsecours.org/ie/cork</a>   |

Physiotherapy Department, Bon Secours Hospital,  
College Rd, Cork

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|-----------|--|
| Telephone | (021) 4801630  |
| Fax       | (021) 4801623  |
| Email     | <a href="mailto:physio@cork.bonsecours.ie">physio@cork.bonsecours.ie</a>   |
| Web       | <a href="http://www.bonsecours.org/ie/cork">www.bonsecours.org/ie/cork</a> |



**BON SECOURS HOSPITAL**  
College Road, Cork