



ISOKINETIC

Sports Medicine and Orthopaedic Rehabilitation

*Where You Return To Play*

LONDON



## *Welcome to Isokinetic*

The World Health Organisation defines health as a 'state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. The Isokinetic family are firm believers in this ideology. Over the course of the past 30 years, we have continually developed and improved our methods to provide our patients with good health. In fact, each rehabilitation we help facilitate is not just a means to overcome an injury or illness, but a unique opportunity for our patients to achieve a general state of well-being. Rehabilitation should be seen as a positive life experience open to everyone. This brochure is designed to tell you our story and to help start to plan your recovery. We look forward to welcoming you to our clinic.

*Andrea Tartaglia*

**Andrea Tartaglia**  
Director, Isokinetic London





## A MEDICAL GROUP

### *Experience at your service*

Isokinetic was founded in Italy in 1987 and is committed to helping individuals recover from injuries and return to their full potential on the sports pitch or their chosen activities. Fast forward to now, Isokinetic is an International Medical Group that has delivered over 6 million treatment sessions during the past 37 years. Our two hundred employees work towards the goal of providing patients with the best care possible:

- 50 doctors are committed to the diagnosis, recovery and prevention of sports injuries;
- 75 rehabilitation specialists work daily with patients in the gym, indoor pool, Green Room and on the field;
- 25 people are involved in education and research;
- 50 patient focused administrators ensure everything runs smoothly.

# THE GOAL: TO REACH THE MAXIMUM FUNCTIONAL RECOVERY

*Where you return to play*

Isokinetic offers every patient a recovery plan that is unique to them. For example, **we do not just treat a knee, but the patient who is suffering from knee pain.**

Based upon this principle, your Isokinetic doctor will tailor your rehabilitation programme using the intelligence gathered from treating more than 10,000 patients per year. He or she will consider your specific physical, biomechanical and psychological characteristics, your goals, your personal 'reactivity' to rehabilitation sessions and how much time you can dedicate. We will bring together doctors, physiotherapists and other specialists to assess and treat your case, with the objective of restoring your performance to the same as before

your injury and if possible, exceeding that. It will require determination, but together we will achieve a real and lasting state of good health.

Your personalised path to recovery is split down into five phases, as follows:

- 1 **Pain control**
- 2 **Recovery of joint mobility**
- 3 **Recovery of strength**
- 4 **Recovery of co-ordination**
- 5 **Recovery of specific movements of your sport**

Finally, we focus on the prevention of re-injury. With the help of the latest technology and neuromotor exercises, we can correct movements that could lead to injuries recurring.



Phase **5** Recovery of specific movements of your sport

Phase **4** Recovery of co-ordination

Recovery of strength Phase **3**

Recovery of joint mobility Phase **2**

Phase **1** Pain control

## YOUR PERSONALISED RECOVERY PATH

*By your side since the injury...*

### WHAT WILL HAPPEN AT YOUR INITIAL CONSULTATION

During your initial consultation, your Isokinetic doctor will consider the best rehabilitation programme suited to you. He or she will evaluate the trauma and your general condition and request further tests as appropriate.

Your programme will take into account



your expectations, from taking a walk, to playing tennis twice a week, to returning to professional football.

You will be given a personal therapist to motivate and support you throughout your recovery.

### EVALUATING YOUR PROGRESS

We believe in setting goals and promoting inclusive and constant communication. Your doctor will monitor your progress through regular check-ups and functional tests, to measure your progression, strength, fatigue, co-ordination and movement capability. Your plan will be adjusted accordingly based upon the results. Doctors and your therapists will meet weekly to discuss your case, to ensure you receive the best and most appropriate patient care. Additionally, our osteopathic team complement the therapy programmes and help with the clinical management of patients with spinal and other joint pathologies and pain.





## FOLLOWING YOUR RECOVERY PATH

*...step by step throughout your recovery*

### WHERE YOUR RECOVERY WILL TAKE PLACE

Your recovery will take place in four distinct places:

**The indoor pool** offers hydro and aquatic therapy, where the buoyancy of warm water helps support body weight, taking pressure off joints and relaxing muscles.

**The gym** can be introduced when you have reduced pain and inflammation. Specialists will guide you down the Isokinetic path, so you can regain strength, endurance and co-ordination.

**The Green Room**, is where you will practice neuromotor exercises, gaining awareness

about your way of moving, correcting bad movement habits and ultimately preventing the possibility of re-injury.

**The field**, is where you will return to move more freely, in a dedicated and fully supervised environment. You will increase the load and intensity of your workouts, begin to make the specific movements of your sport and regain the joy of feeling pain-free.

Isokinetic's administration team will be on hand every step of the way, supporting your organisational, logistic or administrative needing. You just need to focus on your recovery.



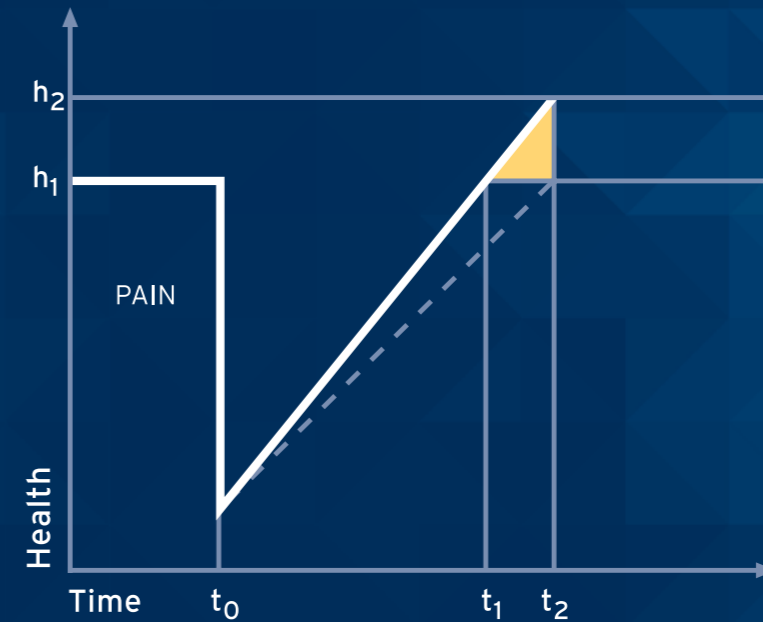


## YOU AT 100% OF YOUR POTENTIAL

*Realising a therapeutic ambition together*

We always have in mind the Maximum Functional Recovery possible for all of our patients. At the heart of our organisation, and why we feel ourselves to be a little different, is our Therapeutic Ambition for you. In simple terms this means we want

to accelerate your rehabilitation (safely of course) and end up in a situation where you have more time to focus on improving your physical state and overall health. We want you to go past where you were before you were injured.



# THE PATH TO RECOVERY

*We are here to support 100%*

Each rehabilitation programme is unique to each patient; however, each course of treatment will typically share some common factors:

TRAUMA / PATHOLOGY / SURGICAL INTERVENTION



APPOINTMENT SCHEDULED  
with information about the centre



INITIAL MEDICAL CONSULTATION  
where a personalised Rehabilitation Programme is planned



REHABILITATION SESSIONS  
in the gym, swimming pool and on the field



FOLLOW-UP CONSULTATION



TESTS EVALUATION



FURTHER REHABILITATION SESSIONS  
in the gym, pool and field



FINAL CONSULTATION AT POINT OF RECOVERY  
and discussion of your Maintenance Programme





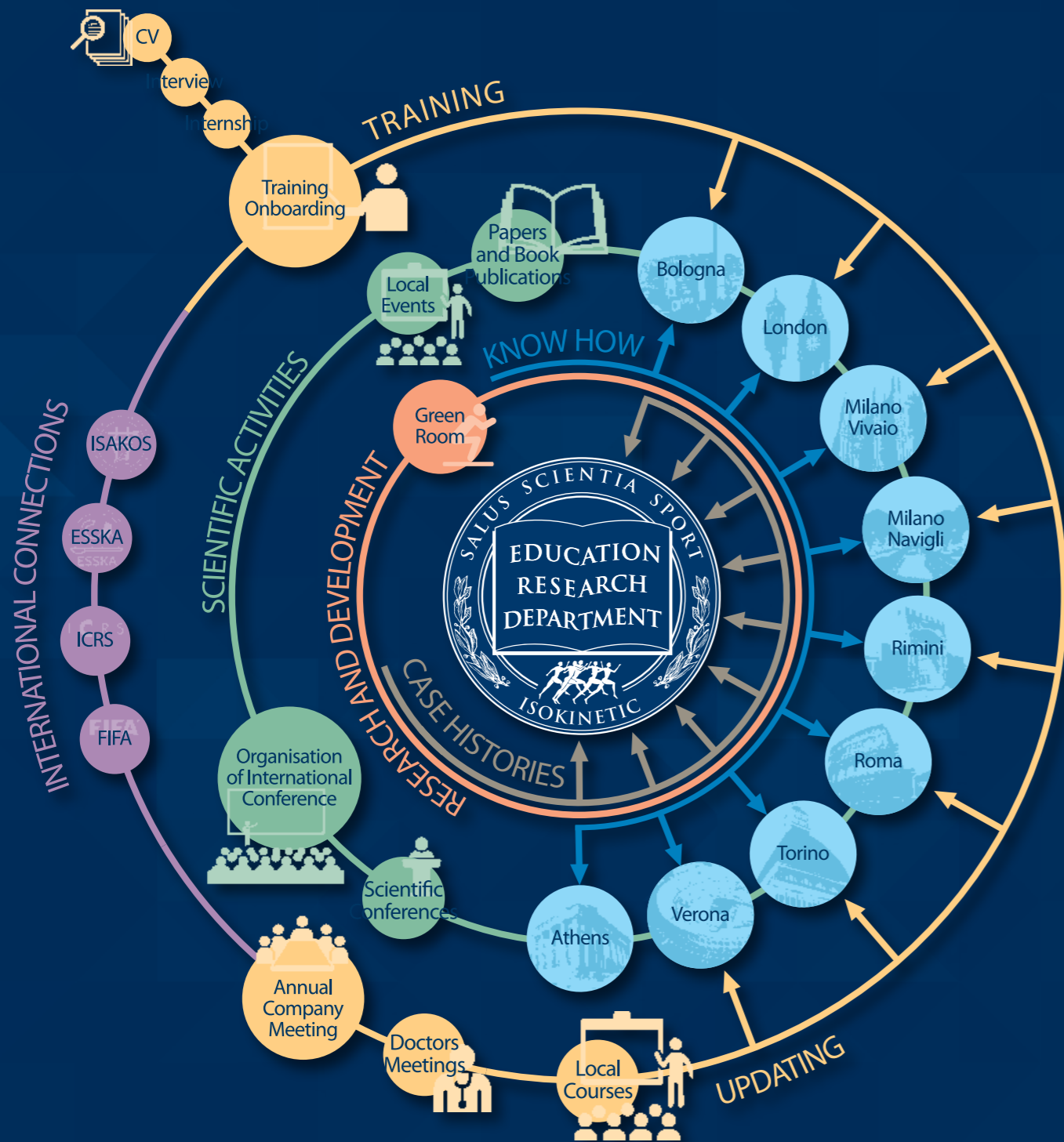
## OUR STORY

# *of International Sports Medicine & Rehabilitation*

Isokinetic was born, in Italy, from the belief that there was a better way to help individuals recover from an injury; a more practical approach to returning someone to their full potential. A method that could offer complete care, from the moment of injury all the way through to return to the playing field. It was spring of 1987 at the Rizzoli Orthopaedic Institute in Bologna. A young post-graduate physician asked the lady in charge to look in the 'big book' where all the titles in the library was kept for anything on isokinetic testing - a new rehabilitative method recently developed in the United States. After looking carefully through the index, the woman shook her head and told the young physician no such entry existed, before asking if he had remembered the name correctly. It was this

somewhat negative answer that started the Isokinetic story. Realising nobody knew what isokinetic rehabilitation was, the physician told himself he would be the first to discover it. A few months later, the young man was on his way to California, to study under the supervision of Prof Michael Dillingham - the Director of Stanford University's Sports Medicine programme and his faithful coworker Rick Eagleston. Eventually, after buying one of these new isokinetic machines and returning to Italy the physician was able to open a small clinic of his own. After helping players recover from their injuries, in record time, the adventures of Stefano Della Villa, Gianni Nanni and the "Isokinetic Guys" as Eraldo Pecci, the Bologna FC captain at the time called them, truly began.





## THE EDUCATION AND RESEARCH DEPARTMENT

*Our cultural heart*

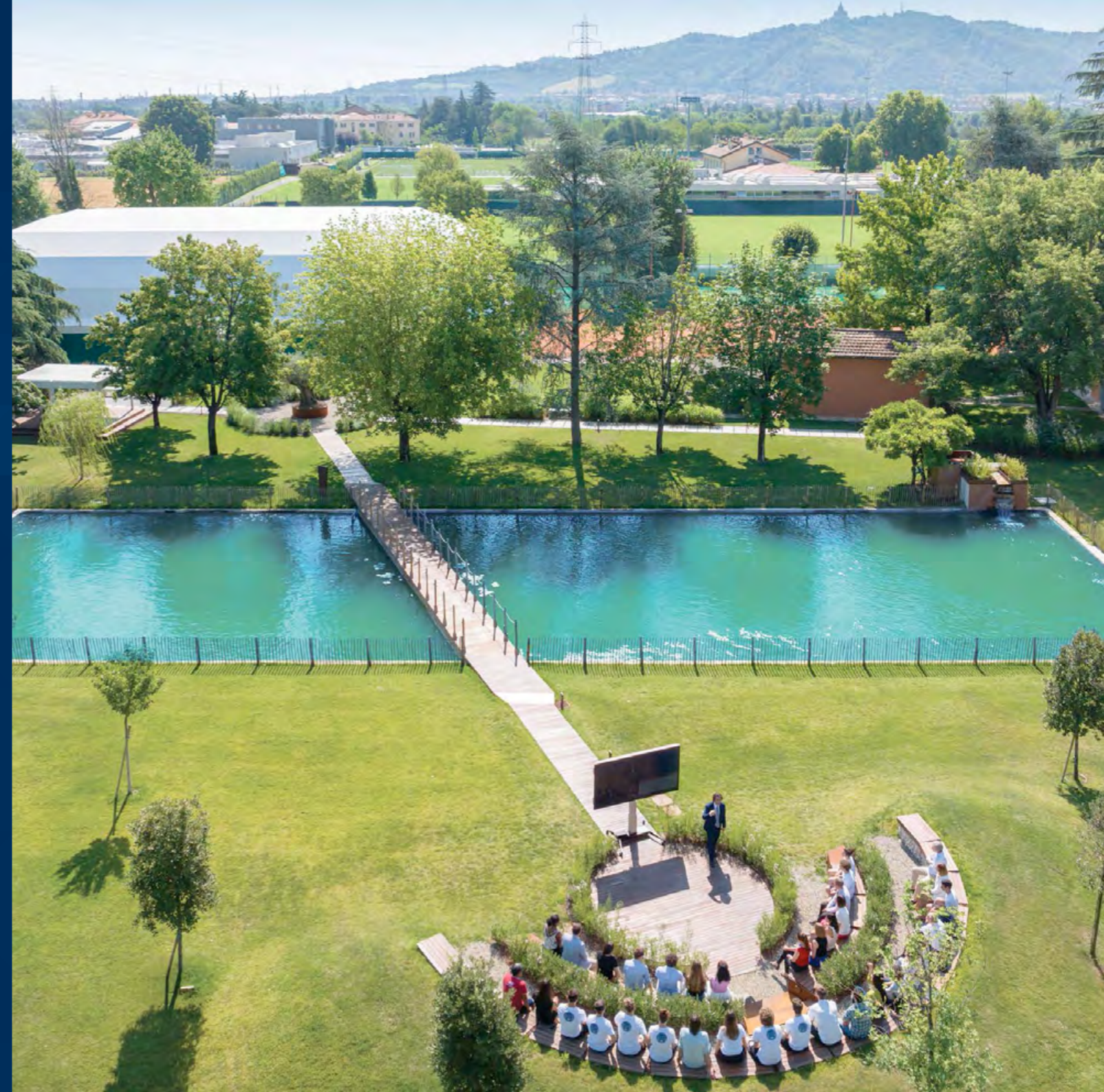
Isokinetic Medical Group's "cultural heart" is our Education and Research Department whose primary goal is to share KNOW-HOW across our network of centres. Our RESEARCH AND DEVELOPMENT activity aims to explore the new frontiers of sports medicine, developing new services to support clinical practice. We feel a strong commitment to participating in SCIENTIFIC ACTIVITIES: from organising the largest football medicine conference in the world to publishing papers and books. Additionally, we have strong INTERNATIONAL CONNECTIONS with scientific associations

and federations. Through a focus on high performance culture, we challenge our whole group to pursue excellence daily and provide them with comprehensive TRAINING and UPDATING programmes, offering continuous education inside and outside Isokinetic. As such, the Education and Research Department is also in charge of the human resources activities of the group. Closely connected to the Education and Research Department is the newly established Isokinetic Campus. A home for our Company, a place for training and excellence in research.

## THE ISOKINETIC CAMPUS

### *Building the future*

Our Campus is the green lungs that breathe life into our great commitment to science and culture and that our clinics translate into practice for our patients every day. On Campus, the Education and Research Department determines research lines, produces and disseminates knowledge, evaluates daily clinical activity, trains Isokinetic staff, develop partnerships in Italy and abroad, organises the most important international Football Medicine conference, publishes articles in universally recognised sector journals, contributes to players' performance and brings out their talent. Campus is a laboratory that never stops.





## OUR INTERNATIONAL CONNECTION

*Sharing innovation with the world*

Isokinetic Medical Group is recognised as a FIFA Medical Centre of Excellence for the prevention and treatment of sports injuries. FIFA's vision is to create a network of qualified establishments around the world to provide a benchmark for the professional care of injured players. Centres are located globally across six continents.

FIFA's medical committee, in over 20 years of activity, has actively promoted the prevention of injuries, and football as a health-enhancing leisure activity.

Throughout the years we have also built and maintained numerous relationships with international associations such as ISAKOS, ESSKA, ICRS, UEFA, universities abroad that have allowed us to work together on scientific projects.





## THREE DECADES OF INTERNATIONAL CONFERENCES

*Bringing together the sports medicine community*

Since 1992, Isokinetic has organised annually the largest Football Medicine Conference in the world. The vision is to inspire the international Sports Medicine community, encourage knowledge transfer, promote best practice and improve world health. Over the years, the Conference has taken place in many iconic and legendary sporting venues, including Wembley Stadium in London, Camp Nou in Barcelona

and iconic Metropolitano Stadium in Madrid, where we'll be back for 2025 Conference Edition. Each Conference brings together more than 2,500 Sports Medicine and Science professionals from 90 countries around the world. The Conference allows us to share with the International Scientific Community what we learn in the day-to-day practice with our patients in the Isokinetic clinics.

 1992 GARDA LAKE	 1993 ROME	 1994 FLORENCE	 1995 RIMINI	 1996 BOLOGNA	 1997 BOLOGNA	 1998 BOLOGNA	 1999 BOLOGNA	 2000 BOLOGNA	 2001 BOLOGNA	 2002 BOLOGNA
 2003 MILAN	 2004 MILAN	 2005 BOLOGNA	 2006 TURIN	 2007 MILAN	 2008 BOLOGNA	 2009 BOLOGNA	 2010 BOLOGNA	 2011 BOLOGNA	 2012 LONDON	 2013 LONDON
 2014 MILAN	 2015 LONDON	 2016 LONDON	 2017 BARCELONA	 2018 BARCELONA	 2019 LONDON	 2022 LYON	 2023 LONDON	 2024 MADRID	 2025 MADRID	

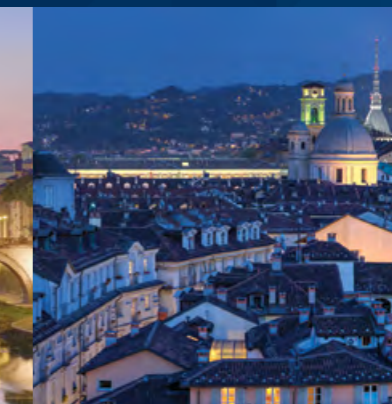
## OUR NINE SPORTS MEDICINE AND REHABILITATION CENTRES

*Different locations, the same method*

Isokinetic started in international sports medicine and orthopaedic rehabilitation in Italy in 1987. Here you will find our very first clinic in Bologna.

Milan opened in 2001, followed by a second clinic in the city in 2005, before Turin in 2003, Verona in 2004, Rome in 2005 and Rimini in 2009. Our London clinic opened in 2012, in 2024 we settled our clinic in Athens, bringing back the sports medicine to its true origins.

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ISOKINETIC

**FIFA** | MEDICAL CENTRE  
OF EXCELLENCE

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OPENING HOURS  
7:30 am - 8:00 pm Monday - Friday  
8:30 am - 1:30 pm Saturday



[www.isokinetic.com](http://www.isokinetic.com)