

Sports Injuries & Performance Enhancement

Physiotherapy, Rehabilitation and Oxygen Therapy



At Compass, we can help speed up your recovery from sports injuries and enhance your athletic performance.

Our team of experienced physiotherapists and rehabilitation specialists provide personalised treatment plans tailored to your specific needs.

Using the latest innovative technology alongside pressurised oxygen therapy, we can expedite recovery from injuries and prevent future occurrences. We can get you back to doing what you love and performing to your highest potential.

Our Services

Our Clinical Assessment Expertise

Our assessment process really sets us apart. We spend time understanding the often complex underlying issues contributing to your injury or condition. Our holistic approach leads to a significantly more personalised and effective treatment outcome.



"I was seeking assistance with recovery and rehabilitation after knee surgery. The assessment and treatments have been absolutely fantastic, very thorough and a lot of questions about your history, what you're able to do currently and what your goals are for the future as well."

~ **Ross, recovery from knee surgery**

Our Hands on Treatment

Our team are skilled at manual therapy and using their hands to mobilise joints and soft tissues. They can apply a variety of techniques which can help relieve pain, improve range of motion, reduce inflammation, and enhance overall physical function.

All our practitioners are qualified acupuncturists. Acupuncture can help with pain relief, reducing inflammation and swelling. It can accelerate the healing process especially when used alongside our other treatments.

Your Exercise Prescription

We will work with your specific needs and interests to develop a plan to achieve your goals and maximise your recovery and performance. Our practitioners have a wealth of knowledge in progressing and adapting your exercises to ensure you reach your goals safely.



Our Technology

We use innovative technology to help you get the most out of your sessions with us.

Our **AlterG ‘Anti-gravity’** Treadmill uses Differential Air Pressure technology. This supports your weight at variable levels as you recover your mobility and increase your performance. It is fantastic for orthopaedic injuries.

Our **GMove Suit** is a revolution in the field of active compression. It delivers active recovery through muscle compression and can shorten recovery time.



“I have a clear rehabilitation plan and feel that it is helping me strengthen and become more stable so that I can optimise my situation. Having this plan helps me feel more in control.”

~ Alison, rehabilitation for foot injury

Our Oxygen Therapy

We provide oxygen in a pressurised environment known as a barochamber. **Also known as hyperbaric oxygen**, this therapy increases cellular oxygen levels, reduces inflammation and swelling while aiding tissue repair for faster recovery. Used by many athletes to improve sports endurance and performance, enhance energy levels, aid recovery, and expedite healing. Studies have shown that Oxygen can promote pain relief and speed up recovery after an injury by up to 50%.

About Compass Therapy Centre

You'll find Compass in Edinburgh where our charity has been supporting people with health conditions for 40 years.

The Centre is equipped with the latest rehabilitation technology, an oxygen chamber and physiotherapy suite. Our in-house team are experts in physiotherapy, rehabilitation and acupuncture. Visiting therapists provide other beneficial services such as nutritional therapy, reiki, massage, and myofascial release therapy enabling us to take a holistic approach to your care.

We welcome new clients at any time on a self-referral basis. Come and experience the difference we can make to your life. Contact us for details of any packages we can offer or visit our website at www.wearecompass.org.uk for more information and to register for our services.



Compass

Empowering Lives, Inspiring Hope.

Compass. Therapy. Support. Community (Known as Compass Therapy Centre)

40c Swanfield, Edinburgh EH6 5RX | 0131 554 5384 | hello@wearecompass.org.uk

www.wearecompass.org.uk | Scottish Registered Charity SC014991