



LONDON'S PREMIER
SNOWSPORTS
INJURIES CENTRE



LONDON'S PREMIER SNOWSPORTS INJURIES CENTRE

The Snowsports Injuries Centre is part of The Princess Grace Hospital, an acute care facility situated in the heart of London's esteemed medical district, just a short distance from Harley Street.

The Princess Grace was established in 1977 and is one of the best-equipped, multi-disciplinary private hospitals in the capital, offering first class patient care across a wide range of specialties. With 110 medical and surgical beds, three intensive care beds and two high dependency beds, patients can be transferred directly to our facilities, which include one of the most advanced and best-equipped diagnostic imaging departments in London and six operating theatres.

We pride ourselves on providing quality care and continually striving to help our patients achieve the best possible outcomes.



SNOWSPORTS INJURIES

Compared to rugby or other contact sports, recreational skiing or snowboarding is a safe pastime, but accidents do happen. No one – not even an experienced instructor or mountain guide - is immune to injury, often through no fault of their own.

On piste, beginners and intermediates who have yet to perfect their technique are at greater risk. Crowded slopes at peak holiday times and adverse weather conditions raise the risk of a collision that can bring a holiday to an abrupt and painful end.

Off-piste, a hidden rock or snagged tree root can result in an awkward, unexpected fall. The danger of avalanche is ever present.

Thin snow cover or icy conditions, lack of basic fitness, alcohol abuse, and skiing or riding beyond your capabilities in poor light or when tired can all be contributing factors to an accident.

Injuries can be caused by:

- Simple or major falls*
- Awkward landings on piste or in park*
- Collisions with other skiers or boarders*
- Hitting a tree, rock, pylon or guard rail*
- Falling from or being hit by a ski lift*

Thanks largely to advances in boot and binding technology, the volume of leg injuries for skiers has slowly declined in recent years. However, incorrectly adjusted bindings in relation to weight, age, height, and ability remain the most prevalent cause of injuries.

Skiers are inevitably prone to knee injuries, while snowboarders are more likely to damage wrists and ankles. Other winter sports like tobogganing or ice skating can result in an accident.

Those most at risk tend to be beginners and inexperienced intermediates venturing ambitiously on to steeper terrain that they lack the skills to negotiate safely. Older skiers and riders also suffer an increased risk of injury.

LOWER BODY INJURIES

Damage to knee ligaments are the most frequent ski injuries to the lower body. The primary causes are maladjusted bindings with the DIN setting too high – or too low – for the skier's profile. An unexpected release at speed can result in a serious fall.

Orthopaedic consultants at The Princess Grace Hospital are specialists in knee trauma, with wide experience in immediate diagnosis and follow up treatment. They have performed many hundreds of ACL replacement procedures.

Riders can suffer from an injury known as Snowboarder's Ankle - hairline fractures of the lateral talus that may require surgery.

Because these subtle and unusual fractures are not always visible on x-rays, they may be confused with anterior talofibular ligament sprains. These injuries require computed tomography (CT) imaging for accurate diagnosis.

Some injuries such as medial ligament injuries can heal extremely well with non-operative treatment. Our consultants can provide immediate diagnosis and follow-up treatments for all lower body injuries.

NERVE AND PLEXUS INJURIES

Collisions with other skiers or riders, or hitting a stationary object such as a tree or rock can result in nerve damage. An open cut can be caused by the impact of the edge of a ski, and a shoulder dislocation can lead to partial or complete loss of sensation in a limb.

At The Princess Grace Hospital, peripheral nerve injury consultants can work with orthopaedic surgeons to repair nerve damage at the same time as a fracture, avoiding the need for two separate operations.

HEAD INJURIES

Head injuries can be severe and can cause skull fractures, brain injuries and consequent neurological deficit. The early recognition and rehabilitation of these patients is particularly important. Wearing a helmet at all times while skiing or riding is a sensible precaution. It may lessen, but not necessarily prevent injury.





ABDOMINAL AND CHEST INJURIES

The impact from a fall and particularly from a mis-landed trick can result in fractured ribs as well as damage to the kidney, liver or spleen. Park users in particular are advised to wear dedicated technical padding.

FACIAL INJURIES

Facial injuries ranging from cuts and bruises to more serious fractures and damage to teeth can be caused by falls or collisions and account for approximately 4% of ski and snowboard injuries.

UPPER EXTREMITY INJURIES

The most common injuries for snowboarders are fractures to the wrist and arm. Skiers are prone to spraining the thumb metacarpal-phalangeal joint resulting in a rupture of the ulnar collateral ligament (skier's thumb), particularly on 'dry' artificial slopes. Shoulder injuries are also common to both disciplines.

SPINAL INJURIES

These are the most devastating injuries associated with snowsports. The most common cause is a misjudged jump and a landing on even ground with protruding rocks or snow boulders. All skiers and riders who spend time in terrain parks or do freeride jumps are strongly advised to wear dedicated back protectors. These may prevent or minimise damage in the event of a fall.

HOSPITAL SERVICES

Our investment in state-of-the-art technology and skills reflects the level of medical and surgical specialties provided at the hospital. Our commitment to supporting each specialty ensures that the optimum environment for diagnosis, treatment and rehabilitation of ski and snowboard injuries is available to all patients.

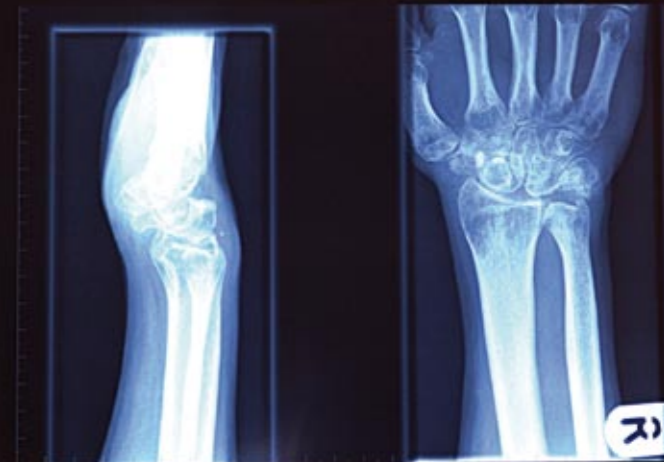
DIAGNOSIS, TREATMENT AND REHABILITATION

The Snowsports Injuries Centre is part of the London Centre for Musculoskeletal services. It provides multi-disciplinary services for the diagnosis, treatment and management of all snowsports injuries.

Consultants are expert in operations for orthopaedic conditions. These include minimally invasive joint arthroscopy, repair of ligament injuries, treatment of fractures and repair of tendon and nerve injuries.

Services include:

- *Clinical assessment and consultation*
- *Diagnostic imaging*
- *Surgery*
- *Pathology*



- *Rehabilitation*
- *Physiotherapy*
 - *Long term rehabilitation programmes*
 - *Fitness programmes (including pre-ski classes)*
 - *Sports medicine*

Head and spinal injuries are cared for by consultants at the Brain and Spine Centre. This is a group of medical experts including brain and neuro surgeons, physicans, diagnosticians and therapists working together as a coordinated team.

DIAGNOSTIC IMAGING

General Radiology

There are five x-ray rooms in the main hospital, consisting of two rooms for digital screening as well as general radiographic work, two ultrasound rooms and a further radiographic room for general radiography, IVUs, renal tomography and barium follow-throughs.

CT Scanning Suite

A variety of neuro, ENT, musculoskeletal and body CT scans are offered on the state of the art 16 slice CT scanner.

1.5 Tesla MRI scanning

All types of neuro, ENT, musculoskeletal and body MRI scans can be carried out, as well as MR arthrograms and angiograms.

SURGICAL SERVICES

The hospital has six fully equipped operating theatres, including two with laminar flow systems specifically for orthopaedic surgery. Our theatres are equipped to the highest possible standard and are supported by well qualified anaesthetists and pain management specialists.

REHABILITATION

Outpatient physiotherapy is provided by 30 Devonshire Street, a Princess Grace Hospital site at which there is a fully equipped gymnasium, private treatment rooms and studio which combine to provide facilities for a variety of physiotherapies.

All physiotherapists are specialists in the management of orthopaedic and musculoskeletal conditions including ski and snowboard injuries. Catalyst Fitness and Health, closely affiliated to The Princess Grace Hospital, can develop individually tailored fitness programmes to help you return to full fitness after injury.

Hand Therapy

A specialised hand physiotherapist provides a custom made splint service and an assessment and treatment for the upper limb.

Physiotherapy

A comprehensive physiotherapy assessment is made and treatment programmes may comprise of the following:

- *Sports specific rehabilitation*
- *Back conditioning education programme*
- *Biofeedback*
- *Custom designed home exercise programmes*
- *Electrotherapy/ultrasound*
- *Acupuncture*
- *Manual therapy and spinal manipulation*

THE TEAM

The Snowsports Injuries Centre team at The Princess Grace Hospital has specialist skills and expertise in treating all types of ski and snowboarding injuries, and the most advanced medical facilities and equipment to provide the best possible patient outcomes.





PAYING FOR TREATMENT

Insurance Funded

If you are insured and wish to obtain treatment under your policy, you must contact your insurance company to confirm the level of cover provided and obtain authorisation from your insurance company before doing so.

Self Funded

We offer a full range of self pay packages offered at competitive rates which include diagnostic imaging, surgical treatment, physiotherapy and accommodation for inpatient stays in private rooms with en-suite facilities.

CONTACT US

24 hour Enquiry Line and Appointments

Tel 020 7908 2251
Fax 020 7908 2168
Email info@snowsportsinjuries.co.uk
Web www.snowsportsinjuries.co.uk



THE PRINCESS GRACE HOSPITAL

The Princess Grace Hospital
42-52 Nottingham Place
London W1U 5NY

Tel: 020 7486 1234
www.snowsportsinjuries.co.uk
www.theprincessgracehospital.co.uk