

Hamilton Academical Football Club

New Clinic Structure





Club Academy Clinic Structure

Monday and Thursdays:

- **18.30 -19.30** will be for return injuries only, so if you have already been assessed and given a programme for your most recent injury, you should attend clinic between these times to be treated and then complete your rehab programme afterwards in the gym.
- **19.30 - 20.30** will be reserved for new injuries - so if you are still to be assessed for your most recent injury please come within these times. Once you have been assessed and given a programme, you will be able to attend clinic at the earlier times.

Wednesdays:

- **18.30 - 19.00** is reserved for new injuries and new assessments
- **19.00 - 20.30** the physio will be based in the gym to complete all rehab programmes with return injured players



Hamilton Academical FC Youth Academy New Clinic Structure

