



The Manchester Institute of Health & Performance

Driving ambition | Delivering excellence

MHP

Manchester
Institute of
Health &
Performance

Operated by HCA Healthcare

Find out more about our range of facilities and services at
The Manchester Institute of Health & Performance, or to book an appointment,
please telephone **0161 641 8300** or email **mihp@hcahealthcare.co.uk**

www.mihp.co.uk | twitter @MIHP_UK

The Manchester Institute of Health and Performance
299 Alan Turing Way, Manchester, M11 3BS

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The Manchester Institute of Health and Performance; Local delivery for world wide application.

For the first time, The Manchester Institute of Health and Performance (MIHP) brings together leaders from elite sport, grass roots community sport, local government and world-class healthcare under one roof. This unique partnership formed of City Football Group, Sport England and Manchester City Council will provide cutting edge facilities for elite athletes and the local community and drive ground-breaking research and education programmes that will have global relevance.

HCA Healthcare, part of the world's largest private healthcare group, has been chosen as the operating partner, to support The Manchester Institute of Health and Performance's aims in science, medicine and research. The range of facilities and services on site support a personalised approach to diagnosis and provide an environment for professional development for athletes, clinicians and practitioners.

Research and development is at the heart of The Manchester Institute of Health and Performance's approach to improving outcomes and sharing global learning, this will be supported by our dedicated research laboratories. Research programmes and educational initiatives aim to promote greater awareness of health issues, improved wellbeing and innovative solutions to regional health priorities.

Alongside partners we will share the knowledge and intelligence developed at the The Manchester Institute of Health and Performance for the greater health of the whole community now and in the future.

From elite athletes to the local community, The Manchester Institute of Health and Performance is about driving ambition, improving outcomes and delivering excellence.

We invite you to join us in striving to achieve the ultimate aspiration – better health for everyone.

Sarah Fisher

CEO HCA Joint Ventures





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vision

A new standard
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The Manchester Institute of Health and Performance is a world-class facility; combining cutting edge diagnostics and facilities, education and research and development all on one site.

This holistic approach to health and performance enables the development of fully-integrated bespoke programmes for the best outcomes.

A shared vision

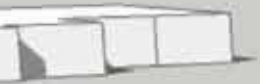
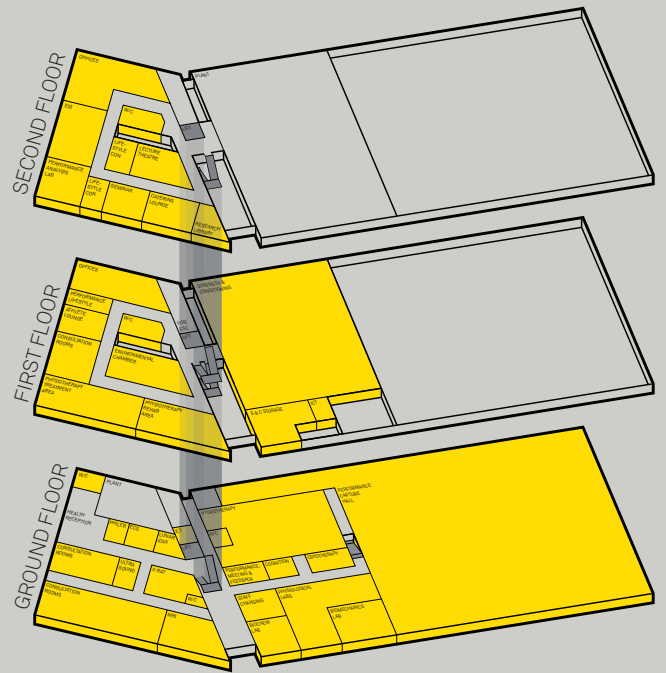
The high tech and impressive building and grounds are the result of six years of planning and investment by Manchester City Council, City Football Group and Sport England.

Their shared vision was to create a centre of excellence, working not just to advance science, medicine and learning in the interest of improving the performance of elite athletes but to establish the benefits health, wellbeing and fitness can bring the local, national and global community.

HCA Healthcare, the operating partner and part of the world's largest private healthcare provider, is committed to this vision, bringing a wealth of healthcare knowledge and expertise.

facilities

Raising the bar



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World-class facilities and specialist and a bespoke service make The Manchester Institute of Health and Performance an excellent choice for sports teams or individuals looking to push further and raise the bar.

This is all set against a backdrop of intelligent and intuitive design, ensuring seamless flow from one area to the next and providing discreet access.

Health

We offer clinical excellence in the diagnosis of sports injury, health and well-being outcomes. Experienced consultants offer prompt investigation and interpretation of results.

Cutting-edge medical imaging and screening facilities include:

- 3.0T MRI
- X-Ray
- Ultrasound
- DEXA
- Interventional radiology
- ECG
- Echocardiogram
- Physiology
- Treatment and rehabilitation rooms
- On-site laboratories.

Performance

We operate a 3D performance capture hall and an environmental chamber big enough to accommodate large groups, enabling simultaneous data acquisition and analysis of entire teams.

Performance facilities include:

- 3D performance capture hall
- Strength and conditioning gym
- Hydrotherapy pools
- Cryotherapy pods
- Environmental chamber
- Biomechanics laboratory
- Biochemistry laboratory
- Physiology laboratories
- Cognition laboratory
- Physiotherapy rooms
- Private changing and consulting areas.

Education

Our aim is to share research, best practice and innovative techniques, via our dedicated educational facility.

Educational programmes will include specialist Continued Professional Development courses hosted on site.

Educational facilities include:

- Seminar rooms
- Research and development rooms
- Lecture theatre
- Nutrition lounge.



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specialities

An advanced approach

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A network of leading specialists based at The Manchester Institute of Health and Performance provide bespoke and integrated services tailored for individual needs. Clients can access diagnosis and guidance from experts and will benefit from new research and development identifying innovative approaches to treatment and improving performance.

Dedicated professionals

We work with skilled specialists to provide the most advanced approach to care.

Multidisciplinary expertise includes:

- Physiology
- Biomechanics
- Nutrition
- Sports Medicine
- Orthopaedic surgeons
- Physiotherapy
- Psychology
- Podiatry.

Treatments and therapies

Clients can be supported through personalised rehabilitation programmes, using the latest methods and technology.

Additional services

We advocate a holistic approach to care. All facilities and services that clients need to optimise their health and performance is conveniently located on one site, to complement any individual programme.

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research

Extending knowledge

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The Manchester Institute of Health and Performance brings together the unique insights and expertise of partners. Linking in with local, national and international universities, institutions and private sponsors. The Manchester Institute of Health and Performance drives research that has outcomes for elite performers and the local community. The Manchester Institute of Health and Performance research also contributes to worldwide learning in health, performance and science.

Developing new solutions to current public health challenges and aligning with some of the biggest health issues facing the local community and the nation is one of our key ambitions.

The scientific advisory board is at the heart of The Manchester Institute of Health and Performance research and development agenda and in charge of approving ground-breaking projects.

Sharing best-practice

Investing in the education of health and performance professionals is one of the ways that we aim to support health improvement.

Our associates will be able to sign up for enhanced learning, and staff from any organisation will be able to access specialist Continuous Professional Development courses held onsite.

Local and international academic engagement will also provide unique clinical, practical and academic opportunities.



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community

Connecting with
the community

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Bringing better health to local Manchester residents is an important part of our community outreach work. Our research programmes and educational initiatives will help to support the wider public health and wellbeing agenda of founding partner Manchester City Council (MCC).

Priorities include:

- Providing children with the best start
- Engaging everyone in improving their own health and wellbeing
- Moving more healthcare into the community.

Providing opportunities

Our approach is to work collaboratively with elite athletes and evaluate how these studies can benefit the wider population. The centre's outreach work in Manchester will promote the government's health messages and allow local health professionals to connect with one another to achieve their goals.

New initiatives will also support younger local athletes to maximise their achievements through our high-quality facilities and the expertise of the specialists working with us.

We aim to use our partnerships with high-achieving athletes to inspire and improve health outcomes in the community.



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