

**Are you struggling with a knee problem? Would you like to know what your options are from the very best knee specialists around?**

***We are pleased to invite you to an exclusive free information evening -***

***all about knees!***

The evening will consist of presentations and advice on the types of treatments that are available for knee pain, whether that pain was sustained from a sports injury, or a more long-term condition such as osteoarthritis.

You will have a chance to ask for specific advice in a Q&A session and there will be general practical advice on strapping knees, braces, insoles and other things you can do to alleviate pain yourself.

**NAGGING KNEE PAIN?**

**COME AND MEET THE KNEE EXPERTS**

**6.30pm – 8.30pm | Wednesday, 21st November 2018**

**Boundary Lakes Golf Club, Ageas Bowl, Southampton**

**K E E P D O I N G W H A T Y O U L O V E**

***Speakers:***

**Philip Chapman-Sheath BSc, MBBS, FRCS (Eng), FRCS (Tr & Orth)**

International Knee Surgeon

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

Philip has a world-wide reputation for excellence in knee surgery, regularly teaching in both the UK and at international conferences on surgical knee techniques to specialist knee surgeons. In his surgical practice in the UK he performs 4 x more revision knee surgeries (correcting other surgeons failed surgeries) than the national average, and twice as many knee replacements. His published outcomes or all primary and revision knee replacements remain consistently above the national average.

Philip has a specialised practice in the management and prevention of sporting injuries and works closely alongside leading sporting clubs and schools in Hampshire.He is the only specialist paediatric knee surgeon performing ligament reconstruction surgery in the region and has a special interest in adolescent sporting injuries.

Philip appeared in the Daily Mail : 2018 'Good Doctors Guide', having been voted by other highly regarded knee surgeons as one of the top 15 knee replacement surgeons in the UK.

**Dan Young MSc BSc MCSP HCPC AACP**

Physiotherapist and Clinical Lead at Hampshire Wellbeing Centre

[ageasbowl.com/hampshire-wellbeing-centre](https://www.ageasbowl.com/hampshire-wellbeing-centre/)

Having established the now Independent Hampshire Wellbeing Centre in 2013, Dan currently manages the team of 12 clinical specialists within the practice located at the Ageas Bowl, whilst also holding his own clinical case load. Dan has a wealth of clinical experience build up from his early days in the NHS, through to a long period of time working for the Military, and finally private practice, and he has funneled all this into the set up and delivery of the services at the Hampshire Wellbeing Centre.

Dan completed his Masters study in Sports Medicine in 2010 and this helped to develop a particular interest in exercise related lower limb pain. At the clinic Dan treats clients from 8 years upwards and regularly sees complicated post-surgical cases, and young active teenagers with exercise related lower leg pain. Aside from the clinic he is also a member of the Hampshire Cricket medical team and helps to keep the players on the field.

***Refreshments for this event are kindly being provided by Medi UK, supplier of orthopedic braces and supports:***

[*mediuk.co.uk*](http://shop.mediuk.co.uk/)