

# MIDLANDS ENGINE HEALTH

## Focus on Trauma & Rehabilitation

### National Centre for Sport & Exercise Medicine

MIDLANDS  
ENGINE



The NCSEM-East Midlands is one of three hubs forming the National Centre for Sport and Exercise Medicine, along with London and Sheffield. The NCSEM has been recognised as an International Olympic Committee Research Centre for Prevention of Injury and Protection of Athlete Health - one of just eleven around the world.

Based on the Loughborough University campus, the East Midlands hub is a partnership between the University of Leicester, Loughborough University, the University of Nottingham, University Hospitals of Leicester NHS Trust and Nottingham University Hospitals NHS Trust. It seeks to apply world-class expertise to policies and practice that will benefit the health and wellbeing of the nation - from everyday people at risk of ill health through to elite athletes. The centre co-locates specialists from academic and clinical environments leading to the development of innovative and creative approaches to research, training and clinical practice. It provides space in which different patient populations are treated, contributing to the research and training environment and culture.

The NCSEM-EM aims to:

- Provide a focal point for advice and guidance on sport, exercise and physical activity, injury and rehabilitation.
- Provide a clinical service, including a state-of-the-art diagnostics facility.
- Promote the benefits of sport, exercise and physical activity to sufferers of chronic diseases and aim to reduce their impact on the NHS.
- Accelerate the translation of research into new models of patient care.
- Inform future Government policy.
- Develop and deliver continuing professional development opportunities to raise professional standards and share best practice.
- Provide expertise and services to industry and promote knowledge transfer.



**Professor Mark Lewis, Director of the NCSEM-EM and Dean of Loughborough University's School of Sport**

"We are proud to host the hub building of this national centre. Not only does it allow us to accelerate our research findings into patient care and disease prevention, but it also gives our students a unique opportunity to interact with the building and its state-of-the-art facilities, and to gain first-hand experience of applied sport and health research in action. Our ultimate aim is to build a healthier nation where we prescribe fewer drugs and use exercise as medicine."

