



Concannon Sports & Exercise Medicine

Patient Information Booklet



Our Vision

A healthier Connemara where people of all ages and all abilities can engage and enjoy physical activity and sport at all levels.

Our Philosophy

Everyone who enters this clinic receives the equal quality of care and importance.



Our Strategic Priorities

EXPAND AND INTEGRATE PHYSICAL ACTIVITY IN THE COMMUNITY



Promote public health and an 'Exercise is Medicine' ethos.

Build professional links and referral teams around Connemara, Ireland, the EU, and the Americas.

Make access to high-quality healthcare faster and fairer.

Acquire and build high-performance facilities, equipment, and services.

Our Mission

Create a patient-centered care and support service.

Create a multi-disciplinary team specialized in exercise and performance health.

Ensure the delivery of high-quality health and social care.

Support longevity of self-independence through accomplishments of activities of daily living.

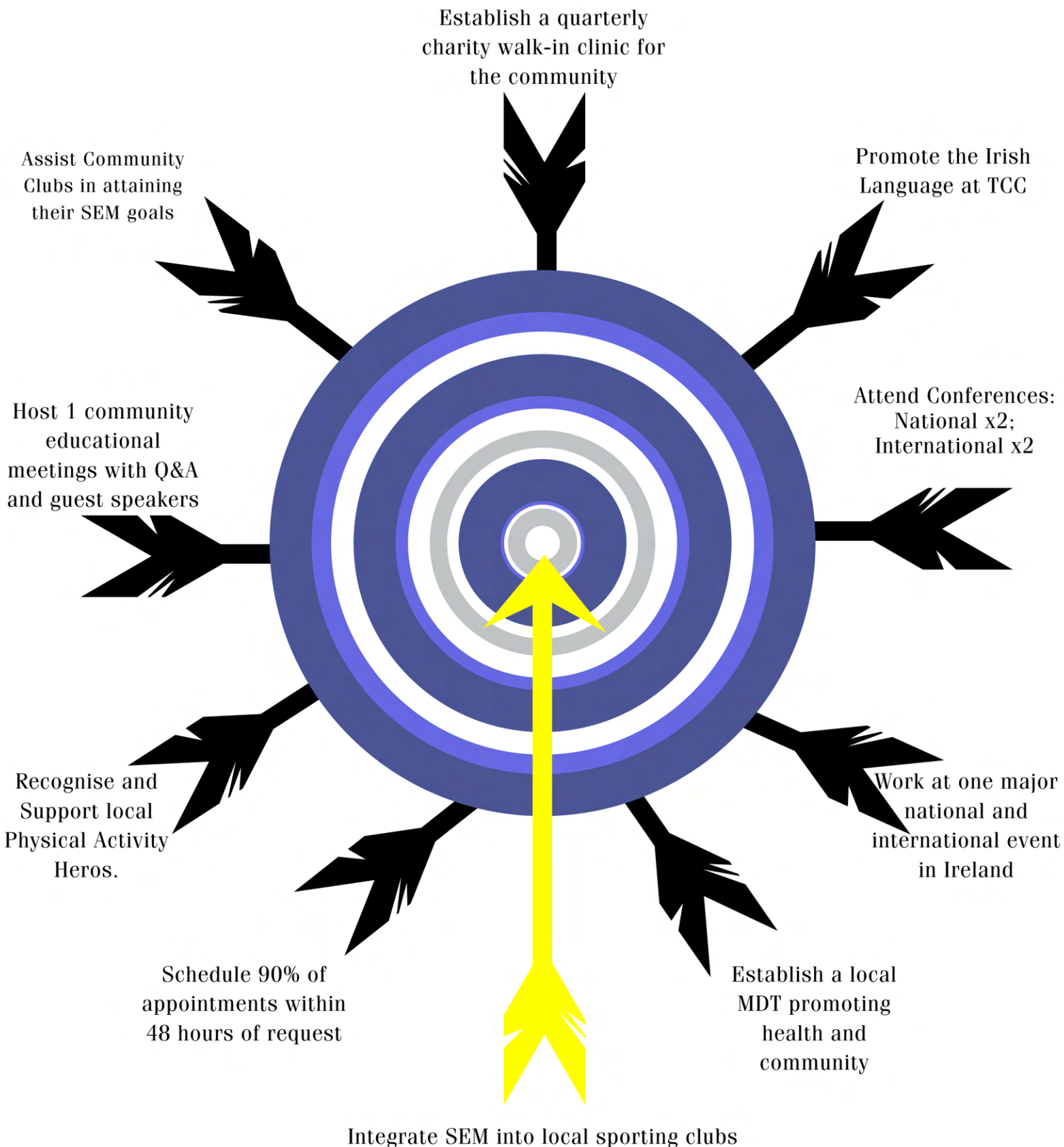
Support people to lead a lifelong healthy, safe and physically active life.

Promote a fair, inclusive and equal opportunity culture around sports.

Increase sustained involvement in sports.

Promote Irish sporting heroes who inspire future generations to be physically active.

Our Ten Targets for Success in 2024-2025



The Conamara Clinic

Who We Are

The Conamara Clinic is a new Sport and Exercise Medicine business located in the Gaeltacht region set up by Aaron Concannon, a local man from Furbo.

What We Do

We specialise in the examination, diagnosis and treatment of exercise-associated injuries and illnesses.

Our Vision

A healthier Connemara where people of all ages and all abilities can engage and enjoy physical activity and sport at all levels.

How to Get in Touch

Phone :
(091) 707 848

Visit :
www.TheConamaraClinic.ie

Email :
TheConamaraClinic@Gmail.com

Where to Find Us



H91 T9X8



Gort na Móna
Coismeg Mór
Na Forbacha/ Furbo
Gaillimh/ Galway

General Appointment Structure

Consultation

Examination

Treatment

What Can We Help You With?

We can help you on your rehabilitation journey with a specific emphasis on the musculoskeletal system. Examples include:

Back Pain,
Shoulder Pain,
Knee Pain,
Post Operative Rehabilitation,
Concussions,
Acute Injuries,
Chronic Injuries,
Sports Related Illnesses,
Training Errors,
Return to Activity & Sport,

And much more!

Our Service to You

Most appointment-based services will include the following Before, During and After:

Before

An Email of Appointment Confirmation & Preparation Material

During

A Beverage, a Consultation, an Examination, a Diagnosis (if possible), Educational Time, Planning Time, an Opportunity to Ask Questions, and a Payment Opportunity.

After

Fulfillment of Additional Arising Requests, a Treatment Plan, a Consult Summary Letter, and an Invoice.

Our Prices

Appointment Type	Time (In minutes)	Price (In Euro)
Initial/ Follow-Up Consultation & Treatment – Adult (≥ 20 y)	60 mins	€ 85.00
Follow-Up Consultation & Treatment - (Abroad / Online)	45 mins	€ 70.00
Initial/ Follow-Up Consultation & Treatment - Child / Adolescent (5 - 19 y)	45 mins	€ 65.00
Initial/ Follow-Up Consultation & Treatment - Young Child (≤ 5 y)	30 mins	€ 40.00
Brief Consultation	<15 mins	€ 20.00

We will inform you during your appointment about any additional costs that may apply to your bill, such as exercise bands, tape, GP letters, etc. After threefold your consultation duration, a billable case hour of 50 euros will begin, and your invoice will be updated accordingly.

Age, Consent & Accompaniment

Category	Age	Accept Consent?	Adult Accompaniment?
Young Child	<10	No	Constantly Required
Child	10-15	No	Required on Premises
Young Person	16-17	Yes	Encouraged
Adult	>18	Yes	Not Required

Note: Age in years, Consent accepted from an adult parent or legal guardian in person and over the phone.

Opening Hours

Monday	Open
Tuesday	Closed
Wednesday	Closed
Thursday	Open
Friday	Closed
Saturday*	Closed
Sunday	Closed

*Occasional Community Walk-in

Opening hours will expand as demand increases.

Accepted Forms of Payment

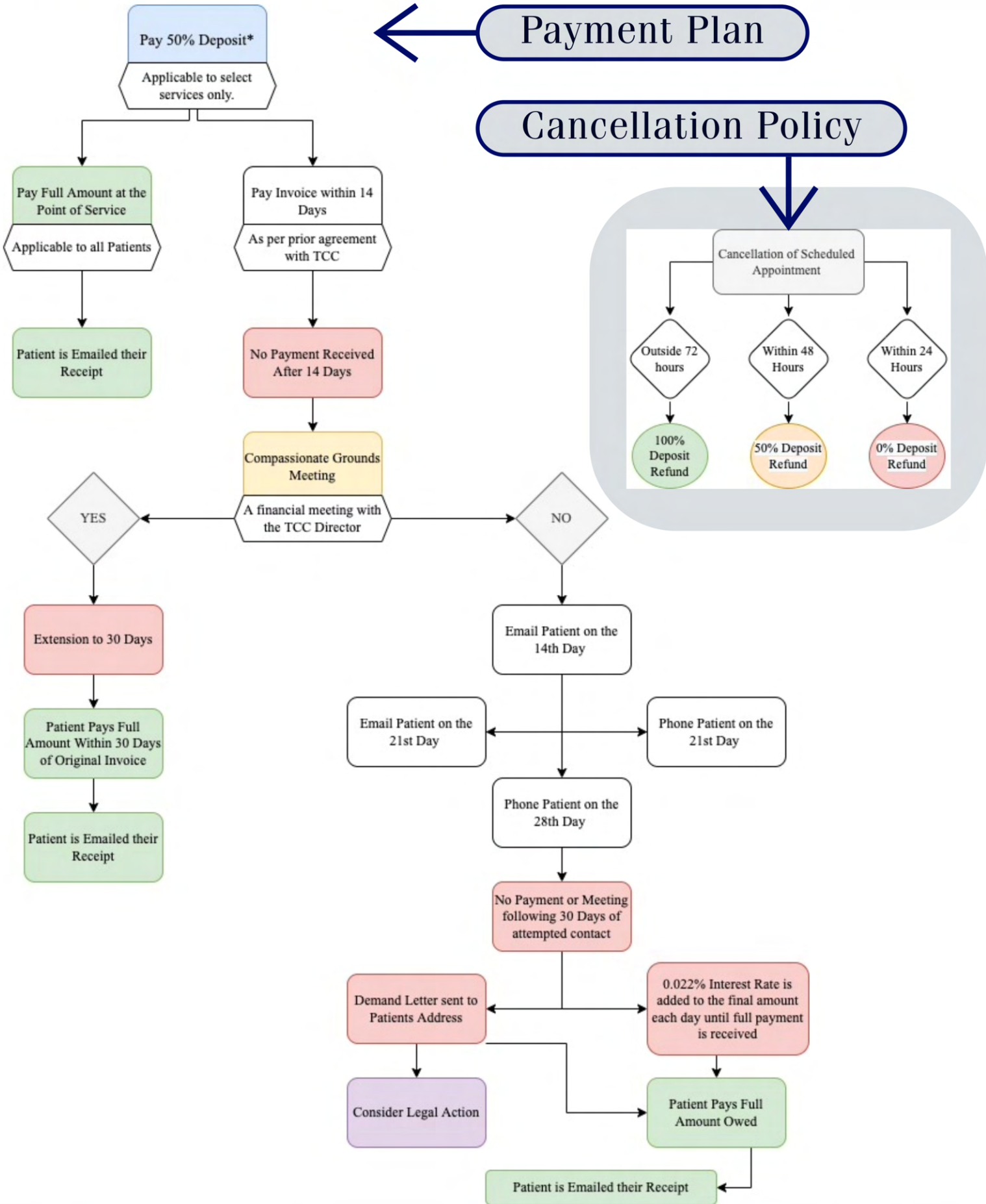
Cash Card Cheque

All patients will receive an invoice via email following their appointment, a paper version is available by request.

Promotional offers or discounts may be available throughout the year. Please ask an employee about this. All offers and promotions are subject to the final decision of the director of The Conamara Clinic.

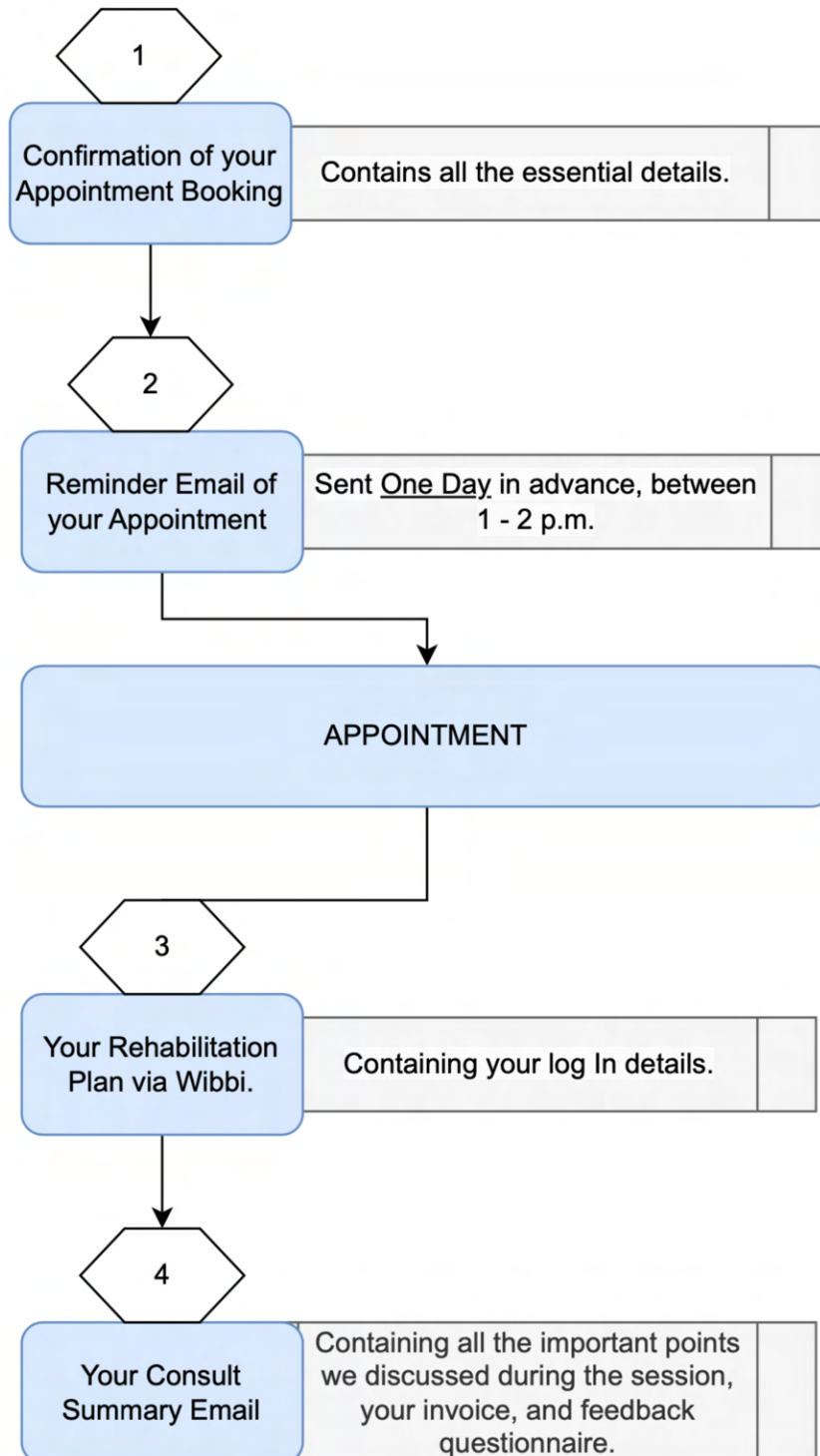
Payment Plan

Cancellation Policy



Communication at The Conamara Clinic

We pride ourselves in high levels of communication and complete transparency of information at The Conamara Clinic. That is why at each step of your service you will be notified via email with the relevant information at the right time. The figure below will guide you through each contact point when you book a service with us.



Therapy Disciplines

Sports and Exercise Medicine

Management of the medical problems of exercising individuals at all ages and all levels of participation.

The pathophysiology, biomechanics and optimisation of human performance.

The use of exercise as a therapeutic modality in the treatment and prevention of disease.

The promotion of health and the prevention of disease or injury at a population level.

Appointment Format



Booking



Consultation



Examination



Rehabilitation



Goals & Planning



Payment



Farewell

Athletic Therapy

-> Prevention of injuries associated with sports, physical activity and the workplace.

-> Evaluation and diagnosis of neuromusculoskeletal injuries resulting from sports, physical activity and occupation.

-> Acute care of injuries and illnesses associated with sports, physical activity and the workplace.

-> Treatment, rehabilitation and reconditioning of individuals with injuries and illnesses resulting from sporting, physical and occupational activity.

Our Services

Consultation
(Brief, Full Length)

Examination
(Comprehensive, Focused)

Treatment
(General, Advanced)

Event Cover
(Local, National, International)

Support & Advisory Service



**SERVICES
COMING
SOON**

Socially Based Programs
Competitive Based Programs
Health & Wellness Based Programs
Weight Loss & Management Based Programs

Our Policies



No smoking, no alcohol, no food or beverages, no phone usage, and no video recording. People who breach these policies will incur fines, and their appointment will be ended.



A parking space is available for you located at the front of the clinic.



Please be mindful of your surroundings, and pollution as TCC is located within a residential area.

Further Information

Topic areas such as the Standards and Practices, Code of Ethics (including Consent), GDPR, CCTV, Emergency Plans, Environment and Security, and Cleanliness and Maintenance of The Conamara Clinic can be provided by request.



COVID-19

If you have had contact with a confirmed or suspected case of COVID-19 within the last 14 days prior to your appointment date, do not attend for your appointment.

SIGNS & SYMPTOMS

- Fever (high temperature – 38 degrees Celsius or above)
- Cough
- Shortness of Breath
- Loss or Change to Sense of Smell or Taste



Frequently Asked Questions

What should I expect at The Conamara Clinic?

The Conamara Clinic is a new space that provides quality physical health care. As Certified Athletic Therapists, we assess and diagnose patients, we also provide tailored therapies and educational time to patients.

What should I bring with me?

If you are attending a consultation-only appointment, your normal day-to-day clothes are sufficient. If you expect to be examined, or receive treatment, please bring a change of loose comfortable clothing: ideally a pair of shorts, a string/tank top, and a pair of trainers.

What must I do before I arrive?

It is important you read this Patient Information Booklet before your arrival. Following this you must sign the Informed Consent statement and fill out a brief questionnaire, this link is included in your appointment confirmation email. Finally, you must gather any relevant information and submit it via secure email before your appointment. This can include referral letters, MRI reports, Xrays, etc. See our Essential Pre-Arrival Checklist for your convenience.

Can I claim back on insurance?

Yes, full payment must be made on the day, however, the claim amount is subject to your own insurance policy.

What amenities are available to me?

You will receive complimentary tea, coffee and/or bottled water on arrival. A private bathroom is available at the clinic for use as a dressing room. A newly installed shower along with an array of essential toiletries (shampoos, towels, personal hygiene products) are at your disposal following your appointment. Please contact TCC ahead of your appointment to facilitate this for you.

What should I do if I arrive early to my appointment?

To minimise the risk of exposure, and maintain confidentiality, all patients will be collected from their car by a member of staff. You are invited to ring TCC to inform us of your arrival 5 minutes before your allocated appointment time.

Where will my appointments take place?

Providing you with a safe space to heal: Our clinic is conveniently located in the West of Galway. All your appointments will take place in our newly refurbished office environment with fully private rooms, and spectacular views of Galway Bay. Can't make it into the clinic? No worries – we've got you covered with teletherapy.

Can I bring my partner/ child / guide dog to my appointment?

YES! Patients and individuals are invited to bring their partner, family member or young child (-ren) to their appointment for personal support, or in the event no alternative care is available. The Conamara Clinic is an Assistance Pet-Friendly business and will be accommodated.

I can't see my exercises or emails?

Please check your SPAM folder for your rehab exercises. We try and complete your case within 48 - 72 hours or your appointment.

Pre-Arrival Patient Checklist: The Essentials

Instructions:

Check off each item as you prepare to visit The Conamara Clinic.

No.	Action	Check
1.	Do I have the Correct Date and Time ?	
2.	Do I know my important Contact Details ? (Such as my phone number, email address, next-of-kin information, my GPs name, etc.).	
3.	Have you brought a form of Personal ID - i.e. Driving Licence / Passport?	
4.	Have I read the Patient Information Booklet ? (This is available online at www.TheConamaraClinic.ie).	
5.	Have I filled out the New Patient Intake Form online? (You received this in your Appointment Confirmation Email).	
6.	Have I sent any Relevant Clinical Documentation to TheConamaraClinic@gmail.com in advance? These include X-rays, MRI scans, referral letters, medications, etc.).	
7.	Have I packed Loose Comfortable Clothing (something that is easy put on, take off and move around in, for example a t-shirt or a string top, shorts, and trainers)?	
8.	Have I prepared a List of Questions I want to discuss during my visit?	
9.	Have I organized a Payment method for the service?	
10.	Have you informed The Conamara Clinic if you have any Flu-like Symptoms, COVID-19 Symptoms , or other indications of ill health in the past 48 hours?	
11.	Am I forgetting Anything Else ? Tick here when you have packed all your normal items for daily living, for example, phone, keys, reading glasses, personal hygiene products, walking aid, hearing aid, a towel if showering, etc. We ask patients to leave valuables at home wherever possible.	

Please don't hesitate to contact us if you have any special requirements while visiting
The Conamara Clinic: (091) 707 848 or TheConamaraClinic@gmail.com.



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