

JANUARY 2024

Dear Player,

As your time at the club draws to a close, we are writing to you to provide you with some key information in relation to your medical after-care. The purpose of sharing this information with you is to:

- help prepare you for your next steps,
- provide you with key medical documents which prospective clubs may ask you for,
- signpost you to resources and services where you can seek medical advice should you need,
- make specific recommendations to you based on your medical history

With your consent, we will share this information with your GP. Although you may move to many different clubs with different medical teams, your GP will always be an independent and confidential medical point of contact for you. Sharing key information with them allows them to make more informed medical decisions for you in the future.

Key medical documents:

We have provided you with the following documents which may be useful to you:

- Clinic letters, operation notes and investigation results in relation to your left knee lateral meniscal injury (June 2023)
- Clinic letters and investigation results related to the gastrointestinal symptoms you have been experiencing. Note these investigations are ongoing, and still pending.
- Cardiac screening results.

Medical Contacts and Resources:

In addition to contacting your GP, should you experience any concerns related to your physical or mental health, you may find the following resources useful:

CLUB CONTACTS:

NAME	Head of Player Care	NUMBER
NAME	PDP Player Care	NUMBER
NAME	Head of Academy Medical	NUMBER
NAME	Academy Doctor	NUMBER

EXTERNAL CONTACTS:**Professional Footballers' Association**

PFA 24/7/365 Confidential Counselling Helpline
wellbeing@thepfa.com

07500000777

Long-term health, career transition and other services

<https://www.thepfa.com/>

FIFPRO – Football Players Worldwide

Health, performance, financial advice and other services
[players](https://fifpro.org/en/supporting-players)

[https://fifpro.org/en/supporting-](https://fifpro.org/en/supporting-players)

If you are retiring from professional football, you can contact FIFPRO to arrange an After-Career Consultation (Medical) within 10 years of retirement:

<https://fifpro.org/en/who-we-are/contact-us/contact-information-for-players>

Other Organisations:

NHS Mental Health

<https://www.nhs.uk/mental-health/>

(mental health)

Life After Professional Sport

<https://www.laps.careers/>

(career transition advice)

Sporting Wellness

<https://www.sportingwellness.org/>

(mental health, wellness, lifestyle advice)

Sporting Chance

<https://www.sportingchanceclinic.com/>

(mental health including addiction)

Key medical recommendations:

Based on your medical history and our experience of working with you at the club, we would advise the following:

- You should undergo a repeat ECG by July 2024, in order to maintain compliance with FA cardiac screening recommendations.
- Ensure that we support you with identifying the cause of your gastrointestinal symptoms, and that we treat this appropriately. You should share this information with relevant medical personnel at any prospective clubs who can support you with this should you need.
- You should continue with a holistic and robust programme aimed at strengthening your quadriceps, hamstring and calf muscles – this will reduce the likelihood of any issues related to your knee developing (we have shared your previous maintenance programme here for

you). Importantly, you should be mindful of integrating carefully into any new training environment, and your training loads should be prescribed accordingly.

- If you do develop knee pain or swelling in response to a new training stimulus, then it is important that this is reported to the appropriate medical personnel early, so that this can be managed suitably.

If there is any other information you need at all, don't hesitate to get in touch at any time. It has been a genuine pleasure working with you, and we wish you the very best of luck on your next steps.

Kind regards,

SIGNED