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# When to see a Consultant in Sport, Exercise and Musculoskeletal Medicine

Think you might need to see  
a Consultant in SEM? Read our  
helpful guide to find out when it's best

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A Consultant in Sport, Exercise and Musculoskeletal Medicine (SEM) is a specialist doctor who deals with all non-surgical musculoskeletal and medical problems. They do not operate, unlike Orthopaedic Surgeons, but the majority of our patients will have injuries that do not need surgery. Our Doctors are very experienced in managing and treating all types of conditions.

## What do SEM Consultants do?

A Consultant in SEM will be able to assess, diagnose, arrange scans if needed, and go through all findings with you to ensure you understand your diagnosis.

They can arrange other tests and referrals, if appropriate, and will ultimately plan your rehabilitation with the rest of the multi-disciplinary team (this could include [Physiotherapy](#), [Podiatry](#), [Soft Tissue Therapy](#), [Strength and Conditioning](#) Coaching, or input by other members of our [team](#)).

The Consultant in SEM will take overall control of your care, directing and monitoring your progress to ensure you are moving in the right direction, at the right speed and with the right help. They will also refer you to other specialists if the appropriate specialist is not present within Pure.

It's not a case of either / or, but rather who might be best at assessing you initially. You are likely to benefit from input from other types of clinician; however, it may be more time-efficient for you to book in with a Consultant in SEM in the first instance.

## When and why should you see a Consultant in Sport, Exercise and Musculoskeletal Medicine?

*Here are over 10 good reasons!*

1. To get a global overview of your condition and exclude other important conditions that may mimic the symptoms you are presenting with such as non-musculoskeletal

conditions, inflammatory conditions or conditions that may benefit from surgery more acutely.

2. If you have had the problem for some time but do not yet have a clear diagnosis.

3. To confirm the correct path of management or treatment. If no further investigation is required, then the Consultant can help to refer you on to the correct clinician best placed to help you.

4. To accurately confirm a diagnosis and formulate a holistic treatment plan, assisting with guidance to the rehabilitation team; reviewing your progress and improvement.

5. If you have had treatment before from healthcare professional but not seen significant improvement in your condition or improvement has plateaued.

6. To obtain a detailed second opinion if there is doubt.

7. To assist with onward referral after a detailed assessment. Insurance companies often only allow referral to a Podiatrist, Soft Tissue Therapist, Nutritional Therapist and Strength and Conditioning Coach if the referral comes directly from a Consultant.

8. The Consultant can use diagnostic musculoskeletal Ultrasound in clinic to help with making a diagnosis.

9. They can refer you externally for scans such as Xrays, MRI, CT Scans and Isotope Imaging.

10. The Consultant can also arrange further tests such as Blood tests and Nerve Conduction Studies for patients if required.

11. The Consultant can administer Ultrasound-guided Injections (Injection Therapy) to help with reducing pain and inflammation. This can be helpful with symptom control and enable the process of rehabilitation to proceed.

12. The Consultant can administer [Extracorporeal Shockwave Therapy](#) (ESWT) to treat long standing tendon and soft tissue injuries.

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For more information, or to book an appointment with one of our Consultants in Sport, Exercises and Musculoskeletal Medicine, please fill out the form below.