



# Faculty of Sport and Exercise Medicine

*Health through Sport and Exercise*

## **What is Sport and Exercise Medicine (SEM) ?**

SEM Physicians are trained to diagnose and manage injury in those who participate in physical activity, and target physical activity to improve chronic disease .

SEM is made up of three elements:

- Exercise as a way to improve health
- Exercise as treatment for illness
- Treatment of injuries from sport

Within NHS services, SEM consultants deliver across primary, secondary and intermediate care.



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## **Why is the work of SEM doctors important?**

- The cost of physical inactivity in the UK is unsustainable
- Too few meet physical activity recommendations, despite physical activity levels being the most prevalent modifiable risk factor for chronic disease

## **SEM doctors can...**

- Encourage long-term exercise adherence
- Provide physical activity interventions
- Provide clinical exercise testing/risk assessment for a range of patients
- Offer alternative and contemporary pathways in managing MSK conditions
- Add value through the management of nonsurgical MSK conditions



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## **Interested in learning more?**

SEM services are currently available in limited distribution across the NHS.

As part of the London 2012 Olympic legacy, it is hoped that SEM service numbers will increase over the coming years.

The Faculty of Sport and Exercise Medicine (FSEM) works to develop and promote SEM services, and can provide more information on how SEM services can benefit your local NHS area.

For further information, please contact Yvonne Gilbert, [y.gilbert@fsem.ac.uk](mailto:y.gilbert@fsem.ac.uk)