

HAMPDEN SPORTS CLINIC



EQUIPMENT

- Performance Half Racks x 2
- Performance Half Rack with Smith
- Adjustable Benches x 2
- Glute Ham Bench
- Dual Adjustable Pulley
- Recumbent Leg Press
- Multi Press
- Leg Extension/Leg Curl
- Seated Calf Raise
- Lat Pulldown/Seated Row
- Kettlebell Set
- Dumbbell Set
- Spirit 850 Treadmill
- Spirit Elliptical Trainer
- Spirit Stepper
- Wattbike x 2
- Concept 2 Rower
- 30mm Performance Flooring
- Branded Lifting Platforms

“ We enlisted the help of Perform Better to transform our rehabilitation gym into a space that could also function as a high performance space for our National Teams. Perform Better were great in taking our vision and making it come alive, he even indulged our crazy idea about having pink platforms! The space we had was dark and grey and has been transformed into a modern and vibrant area that will be a fantastic addition for our clients. The whole process was smooth even when we made last minute changes to the layout, nothing was too much hassle. ”

KATY STEWART, MANAGING DIRECTOR,
HAMPDEN SPORTS CLINIC

Hampden Sports Clinic is Scotland's leading sports injury and rehabilitation centre is dedicated to the treatment, diagnosis and management of sports injuries and musculoskeletal conditions.

Based at Hampden National Stadium in Glasgow, the clinic treats over 10,000 patients every year and has a large team of highly experienced Clinicians. In addition to treatment rooms the clinic has a Sport Science Lab, Hydrotherapy Pool and a Rehabilitation Gym.

The decision was made in mid-2024 to upgrade the Gym which had dated equipment installed, the clinic work closely with Scottish Football Association who had a small Performance Centre next door at Lesser Hampden which PB equipped in 2022. It was decided to move the SFA equipment from the Performance Centre into the Clinic Gym and complement it with new equipment and flooring and this would become the new Strength & Conditioning facility for the SFA when the National Squad is in camp.

