

A partnership between:

Meliora Medical, the Institute of Sport, Exercise & Health (ISEH) and HCA Healthcare UK

A specialist pathway for young athletes

When your child has been seen by the Meliora team, it is sometimes recommended that they are reviewed by a specialist for further assessment or investigation.

The Centre for Youth Sports Medicine (CYSM) provides a seamless, expert-led pathway designed specifically for adolescents.

Why CYSM?

Adolescents are not simply “small adults” - and they are no longer children.

They sit in a unique phase of development, where:

- The body is still growing and changing
- Injury patterns differ from both children and adults
- Academic pressures, sport, and social factors all play a role in their recovery

CYSM has been created to meet these specific needs.

Your child will be seen by **hand-selected, world-class specialists** who not only understand adolescent anatomy and physiology, but also the demands of school life, sport, and performance.

A seamless, joined-up approach

A key strength of this pathway is continuity of care.

Following specialist review:

- Your child’s care is shared directly with the Meliora team
- Ongoing rehabilitation and support continues within the school environment
- This ensures progress is closely monitored, practical, and consistent

Where needed, additional specialist rehabilitation can take place at Meliora’s clinic in central London, alongside school-based care.

Our aim

To provide the right care, at the right time, with the right specialist - while ensuring your child remains supported in school, in sport, and in their recovery.

The **CYSM** Pathway



1. Referral by Meliora

Our doctor or physiotherapist completes a CYSM referral



2. Triage & Booking

The referral will be reviewed and you will be contacted promptly to arrange an appointment.



3. Specialist Assessment

Seen by the right consultant, first time. Investigations arranged on the same-day where possible.



4. Diagnosis & Treatment Plan

Personalised plan put in place and communicated with you and the Meliora team



5. Ongoing Care with Meliora

Continued support and rehabilitation with our team back at school

Frequently Asked Questions

Do I need a referral to book an appointment?

Yes. A referral from a Meliora doctor or physiotherapist is required. This ensures the CYSM team fully understands your child's situation and directs them to the right specialist from the outset.

Where are appointments held?

Specialist consultations take place at the Institute of Sport, Exercise and Health (ISEH), or other HCA Healthcare UK locations in London. Rehabilitation is primarily delivered by the Meliora team at school. Sessions are able to continue in holiday time at our central London clinic at 48 Wimpole Street.

What are the costs and can I use insurance?

There is no charge for the referral. Costs for consultations, investigations, and treatment will be clearly explained by the booking team before proceeding, Meliora clinicians do not have access to this information. Fees are in line with standard private healthcare costs.

CYSM specialists are recognised by all major insurers. If you plan to use insurance, we recommend checking your level of cover once a specialist has been identified. If needed, alternative specialists can be arranged.