

PRICE LIST

(from 1st April 2019)

Physiotherapy

We can treat any musculoskeletal (muscle, joint, ligament, tendon, nerve) complaint, from neck to thumb pain, lower back to foot pain. We will utilise the latest techniques including manual therapy, acupuncture and exercise therapy.

Initial Assessment or Treatment Session (45 mins)	£50
Follow up Treatment Session (30 mins)	£40

Clinical Specialist Physiotherapy

If you have been struggling with a long term or complex musculoskeletal condition or have previously tried physiotherapy elsewhere without success, a Clinical Specialist appointment may just be what you need.

Initial Assessment or Treatment Session (45 mins)	£60
Follow up Treatment Session (30 mins)	£50

Massage – Sports, Deep Tissue or Relaxation

Whether you're feeling stressed and strained from the pressures of everyday life, or have experienced aches and pains through a sporting activity, massage can loosen any restrictions and make tight muscle feel better.

60 mins	£50
30 mins	£30

(block booking discount of 6 for the price of 5)

Shockwave Therapy

We are one of the only Physiotherapy clinics in the North East offering the scientifically proven Extracorporeal Shockwave Therapy (ESWT), which is a non-invasive treatment that assists with the body's natural healing process. It involves sending shockwaves through your skin towards the painful, affected and damaged tissue. Highly effective for tendon problems.

Physiotherapy or Clinical Specialist appointment cost + £50 supplement (per session)
(Typically 3-6 session are recommended)

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Physio Led Pilates

Our mat based Pilates sessions are led by one of our Physiotherapists, focussing on core strength and control to improve your flexibility, posture and balance.

1-1	45 mins	£50
1-1	30 mins	£40
Class	50 mins	£10

(block booking discount of 6 for the price of 5)

Ostenil Injections

Ostenil is an injection treatment for the symptoms of osteoarthritis and is injected into the affected joint and over the course of the treatment you should start to feel less pain and stiffness as well as prolong the health of your joint.

Ostenil Standard (Course of 3 injections)	1 joint - £340
For large joints such as knees or shoulders	2 joints - £520
Ostenil Plus (1 injection)	1 joint - £200
Ideal for repeat injections following standard course	2 joints - £340
Ostenil Mini (Course of 3 injections)	1 joint - £280
For smaller joint such as the fingers or toes	2 joints - £400

Classes

Our range of health and fitness classes are suitable for all ages and abilities, within modern facilities under our partner company Health and Exercise Matters, located behind our head office clinic in Regent Centre. All classes are run in small groups of 8-10 participants for optimum quality and results. (All classes to be pre-booked).

A range of fitness, health and wellbeing classes	50 min classes	£10
(block booking discount of 6 for the price of 5)	25 min classes	£5

Home Visits

For patients who are unable to attend an appointment at one of our clinics due to mobility problems, we can come out to treat you in your own home to work on your mobility.

Prices on request

Gosforth - Arden House, Regent Centre, Gosforth, NE3 3LU

Darras Hall - Broadway, Darras Hall, Ponteland, Northumberland, NE20 9PW

Newcastle - The Saville Clinic, Suite 3, Saville Chambers, 5 North Street,

Newcastle upon Tyne, NE1 8DF