



PRICE LIST

1st APRIL 2023

Physiotherapy

We can help you overcome any musculoskeletal (muscle, joint, ligament, tendon, nerve) complaint, from headaches to foot pain and everything in-between. We will work with you to develop a suitable treatment plan involving evidence-based, up-to-date approaches including exercise therapy, manual therapy and acupuncture.

Initial Assessment or Treatment Session (45 mins)	£70
Follow up Treatment Session (30 mins)	£50
Initial Assessment and Treatment Session (60 mins)	£90

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)	£80
Follow up Treatment Session (30 mins)	£55
Initial Assessment and Treatment Session (60 mins)	£100

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 (within a 20 mile radius of Head Office Clinic).

Within 10 mile radius of NE3 3LU (45 mins)	£130 per visit
10-20 mile radius of NE3 3LU (45 mins)	£160 per visit

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 help loosen any muscular tightness.

50 mins	£60
30 mins	£40

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. *(Recommended 4-6 sessions)*

Supplement Charge in addition to appointment price (per appointment)..... **£45**

 **0191 285 8701**

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

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

 www.physiotherapymatters.co.uk  info@physiotherapymatters.co.uk  /physiomattersuk  Physiotherapymattersuk



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Ostenil Injections

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

(Prices include cost of appointments and injections)

Ostenil Standard (Course of 3 injections)	1 joint £400
For large joints such as knees or shoulders	2 joints £610
Ostenil Plus (1 injection)	1 joint £240
Ideal for repeat injections following standard course	2 joints £400
Ostenil Mini (Course of 3 injections)	1 joint £325
For smaller joint such as the fingers or toes	2 joints £460

Corticosteroid Injections

Steroid injections can be used to manage inflamed areas causing pain, such as arthritic joints due to Osteoarthritis or Rheumatoid Arthritis, frozen shoulder, tendinitis and bursitis. This is rarely a stand-alone treatment and should be accompanied by appropriate rehabilitation of the problem area.

Initial assessment plus follow up appointment to carry out injection	£240
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Physio-Led Pilates (50mins)

Our Physio-Led Pilates sessions are designed to improve core strength, flexibility, posture and balance and are led by an expert pilates-trained physiotherapist who is able to tailor the program for the individual attendees.

1-1	£60
1-2 (per person charge)	£35
1-3 or 1-4 (per person charge)	£25

Running Gait Analysis

Our gait analysis is suitable for runners of any level. It is used to improve running form and efficiency, which can help with return to running whilst recovering from injury, reducing injury risk, and improving performance. The sessions are all led by a gait analysis trained Physiotherapist, consisting of video analysis which helps to inform a rehab plan including running technique tips, strengthening exercises and suitable warm up advice. Recommended 60 mins initial analysis, followed by 2 review 45 mins sessions.

Initial Analysis (60 mins)	£90
Follow up Analysis Session (45 mins)	£70

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