



Price List

Why Choose Physiotherapy Matters?

- ✓ Chartered Physiotherapists
- ✓ HCPC Registered
- ✓ Clinical Specialist Physiotherapists
- ✓ Injection Therapy Services
- ✓ Shockwave Therapy (ESWT)
- ✓ Women's Health Specialists
- ✓ Personalised Treatment Plans
- ✓ Trusted Across the North East
- ✓ Acupuncture

Physiotherapy

Whether you're struggling with back pain, a sports injury, arthritis, neck pain or a long-standing ache that won't go away, our experienced Chartered Physiotherapists can help.

We provide a thorough assessment to identify the cause of your symptoms and create a personalised treatment plan to help you move better, reduce pain and return to the activities you enjoy. Treatments may include hands-on therapy, exercise rehabilitation and expert advice tailored to your goals.

Initial Assessment & Treatment (50 mins)	£85
Follow up Treatment (30 mins)	£60
Extended Follow up Treatment (50 mins)	£85
*Package of 5 Treatments (30 mins each)	£275 (Save £25)
*Package of 5 Extended Treatments (50 mins each)	£400 (Save £25)

Clinical Specialist Physiotherapy

This service is ideal for people with persistent, complex or recurring musculoskeletal conditions.

If you've had symptoms for several months, have not responded to previous treatment, or want an expert opinion before considering scans, injections or surgery, our Clinical Specialist Physiotherapists can provide a more advanced assessment and treatment approach.

Initial Assessment & Treatment (50 mins)	£95
Follow up Treatment (30 mins)	£65
Extended Follow up Treatment (50 mins)	£95
*Package of 5 Treatments (30 mins each)	£300 (Save £25)
*Package of 5 Extended Treatments (50 mins each)	£450 (Save £25)

Hyaluronic Acid (HA) Injections for Osteoarthritis

Hyaluronic Acid injections can help reduce pain, improve movement and support joint health in people with osteoarthritis. The treatment works by improving the lubrication and cushioning within the joint, helping you stay active and comfortable for longer.

During your free 10-minute telephone consultation, one of our Clinical Specialist Physiotherapists will discuss your symptoms and recommend the most suitable injection option for you.

OSTENIL INJECTIONS

Ostenil Standard (2ml) – containing 20mg HA per injection	**1 joint £465
For large joints such as knees or shoulders (<i>Course of 3 injections</i>)	**2 joints £705
Ostenil Plus (2ml) – containing 40mg HA per injection	**1 joint £275
Ideal for repeat injections following standard course (<i>1 injection</i>)	**2 joints £455
Ostenil Mini (1ml) – containing 10mg HA per injection	**1 joint £375
For smaller joint such as the fingers or toes (<i>Course of 3 injections</i>)	**2 joints £525

SINOVIAL INJECTIONS

Sinovial 64 (2ml) – containing 64mg Hybrid HA per injection	**1 joint £315
For large joints such as knees and shoulders (<i>1 injection</i>)	**2 joints £535
Sinovial 32 (1ml) – containing 32mg Hybrid HA per injection	**1 joint £225
For smaller joint such as the fingers or toes (<i>1 injection</i>)	**2 joints £355

SINOCEL INJECTIONS

Sinocel (3ml) – containing 72mg HA and 48mg Chondroitin per injection. For	**1 joint £345
knee joints in more active individuals requiring greater cushioning (<i>1 injection</i>)	**2 joints £595

MONOVISC INJECTIONS

Monovisc – containing 88mg HA per injection	**1 joint £295
For large joints such as knees and shoulders (<i>1 injection</i>)	**2 joints £495

CINGAL INJECTIONS FOR KNEE ARTHRITIS

Cingal is an injection combining Hyaluronic Acid (HA) Viscosupplement	**1 knee £325
and Corticosteroid in a single injection for the management of Osteoarthritis	**2 joints £555
of the knee (<i>1 injection</i>)	

CORTICOSTEROID INJECTIONS

Corticosteroid injections can provide effective short-term relief from pain	Initial assessment
and inflammation caused by conditions such as arthritis, frozen shoulder	plus follow up
and carpal tunnel syndrome and bursitis. Our injection service includes a full	appointment
assessment to ensure the treatment is appropriate for you, together with	to carry out
advice and rehabilitation to maximise long-term results.	injection... ** £280

***All injection prices include cost of appointments and injections. We offer a free 10 mins triage call with one of our Clinical Specialist Physiotherapists to discuss what injection maybe most suitable for you.*

Shockwave Therapy (ESWT)

Shockwave Therapy is an evidence-based treatment that helps stimulate the body's natural healing process. It is particularly effective for long-standing tendon problems such as:

- Achilles tendinopathy • Plantar fasciitis • Tennis elbow • Patellar tendinopathy • Shoulder tendon pain

Treatment is quick, non-invasive and can often help when other treatments have not provided lasting relief. *(Recommended 4-6 sessions)*

***Package Price for 4 Shockwave and Physiotherapy sessions (30 mins each) £300**

Home Visits

If mobility difficulties, illness or recent surgery make it difficult to attend one of our clinics, our physiotherapists can assess and treat you in the comfort of your own home. Treatment may focus on improving mobility, strength, balance, independence and confidence with everyday activities.

Within 10 mile radius of NE3 3LU (50 mins) **£140**

***Package of 5 sessions (50 mins) 10 mile radius..... £650 (Save £50)**

Greater than 10 mile from NE3 3LU..... **Call for prices**

Massage – Physiotherapist-Led Massage Therapy

Unlike a standard spa or sports massage, your treatment is delivered by a Chartered Physiotherapist who understands how pain, movement and injury are connected.

Whether you're experiencing muscle tension, sports aches, stress-related tightness or recurring pain, massage is tailored to your individual needs.

50 mins **£80**

***Package of 5 sessions (50 mins each) £375 (Save £25)**

30 mins **£50**

***Package of 5 sessions (30 mins each) £225 (Save £25)**

Running Gait Analysis (3x50 mins)

Whether you're training for your first 5K or preparing for a marathon, our Running Gait Analysis service can help you run more efficiently and reduce your risk of injury.

Using video analysis and expert physiotherapy assessment, we'll identify areas for improvement and provide a personalised plan including running technique advice, strength exercises and injury prevention strategies.

- Package includes:** • Initial gait analysis • Personalised rehabilitation programme
• Two follow-up review sessions

***Package Price for Assessment and 2 Follow up sessions £300**

Women's Health Physiotherapy

Our specialist Women's Health Physiotherapy service supports women at every stage of life, helping to restore confidence, improve pelvic floor function and reduce pain or discomfort that may be affecting daily activities.

- We can help with:** • Pelvic floor dysfunction • Bladder control problems • Pelvic organ prolapse
• Pregnancy-related pelvic pain • Postnatal recovery • Back and pelvic pain

Following a detailed assessment, you'll receive an individual treatment and exercise programme designed to help you feel stronger, more confident and more comfortable in everyday life.

Initial Assessment & Treatment (60 mins) **£135**

***Package of 5 Treatments (50 mins each) £450 (Save £25)**

Physiotherapist Led: Pilates, Strength & Conditioning or Rehabilitation Sessions

These one-to-one sessions combine physiotherapy expertise with targeted exercise to improve strength, flexibility, balance and confidence in movement.

- Ideal for:** • Recovery from injury • Persistent pain management • Improving fitness safely
• Returning to sport • Building strength and resilience

Every programme is tailored to your goals and delivered by an experienced physiotherapist.

1:1 sessions (50 mins)	£80
*Package of 5 sessions (1:1 sessions 50mins each)	£375 (Save £25)
1:2, 1:3 and 1:4 also available	Call for prices

Physiotherapist-Led Classes

Our physiotherapist-led classes are designed to help you move better, improve your fitness and stay active in a safe, supportive environment.

Suitable for all ages and abilities, classes are delivered in small groups of just 6-8 participants, allowing for individual guidance and exercise progression where needed.

Classes take place at our Regent Centre clinic and include: • Pilates • Yoga • Variety of Strength & Conditioning Classes (Pre and Post Natal, Older People, Runners, Golfers)

Whether you're recovering from an injury, looking to improve your strength and mobility, or simply wanting to stay more active, our classes provide expert support to help you achieve your goals

*Package of 5 Classes (50 mins each)	£80 (Save £20)
Pay as you go (50 mins)	£20 per class

- *All Initial appointments and packages to be paid in advance. Packages to be used within 6 months.
**All injection prices include the cost of appointments and injections.

We offer free 10 mins triage calls with one of our Physiotherapists to discuss which treatment would be most suitable for you.

Call: **0191 285 8701**
or book online at:
www.physiotherapymatters.co.uk



Gosforth Clinic: Arden House, Regent Centre, Gosforth, Newcastle upon Tyne NE3 3LU
Darras Hall Clinic: Broadway, Darras Hall, Ponteland, Northumberland NE20 9PW
Team Valley, Gateshead Clinic: Independent House, Fifth Ave, Gateshead NE11 0HF
Email: info@physiotherapymatters.co.uk

Find us on:    

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