

Price List

Physiotherapy & Sports Massage

With physiotherapist

		Price
Initial assessment	45 mins	£50.00
Follow up appointments	30 mins	£37.50

If you cannot attend your appointment, please notify us at least 24 hours in advance, otherwise we reserve the right to charge a cancellation fee.

Hydrotherapy

Patients will require a land based assessment and health screen prior to hydrotherapy appointments

With hydrotherapist

Individual appointment	20 mins	£31.00
Individual appointment plus use of Disabled Change Facility	30 mins	£37.50
Classes	30 mins	£ 8.00 per person
Self directed	30 mins	£ 6.00 per person

Self directed and class sessions are booked in advance in groups of 4.

Self Directed Sessions

For patients who have had their assessment and treatment with a physiotherapist and wish to continue their water based exercise programme independently.

Classes

Class size is restricted to 6 to allow some one to one instruction from the physiotherapist with each patient during the session.

BACK CLASSES - for people with acute or chronic back problems including those post surgery. The class aim is to relieve pain while improving strength and flexibility of the spine.

Hydro: Mondays 14:00 - 14:30 Wednesdays 11:00 - 11:30

JOINTS IN MOTION - for people with joint problems or arthritic conditions, who may have difficulty exercising on land. It is a therapeutic class aimed at improving strength, endurance and flexibility.

Hydro: Tuesdays 15:00 - 15:30 Thursdays 16:00 - 16:30

HIP TO TOE - for people with hip, knee or ankle problems including those post joint replacement surgery, ACL reconstruction, ligament repair or recovering from fracture.

Hydro: Mondays 15:30 - 16:00 Tuesdays 17:30 -18:00 Thursdays 09:30 - 10:00

PREGNANT PAUSE - for ladies experiencing back or pelvic pain during pregnancy. The class aims to promote comfort and relaxation.

Hydro: Tuesdays 10:00 - 10:30 Thursdays 18:00 - 18.30

AQUA FIT - For anybody wanting to maintain or improve their general fitness. This class aims to provide a fun, relaxed environment for all levels.

Hydro: Mondays 16:30 - 17:30 Thursdays 17:00 - 18:00