



# PRICE LISTS

We operate a team approach, so when you call for an appointment our reception team will make sure you are booked in with the right person to deal with your problem effectively.

We pride ourselves on offering high quality care at a fair price. If your problem can be treated by a junior member of staff or even you or a carer - we will advise you, and will not recommend more sessions than necessary.

## Therapy Services

		Physiotherapy / Osteopathy				Sports Therapy / Rehabilitation		Nutritional Therapy
		Clinical Director	Senior	Junior Physio	Student	Tom	Cameron	Vicky / Elizabeth
		Carys	Natalie	& Osteo	Subject to Availability			
Initial Assessment	75-90 mins	£75.00	£65.00	£55.00	£35.00	£55.00	£40.00	£102.00
Treatment Session	45-60 mins	£45.00	£42.50	£40.00	£25.00	£37.50	£33.00	£40.00
Hydrotherapy	90 mins	£90.00	£90.00	-	-	-	-	Food Intolerance Test included as standard in Assessment
Vestibular Assessment	90 mins	£90.00	£90.00	-	-	-	-	Other tests available at additional cost
Acupuncture Only	30 mins	£25.00	£25.00	£25.00	-	£25.00	-	<b>Our Therapy team work together, so you may see a Senior to start and passed to someone else once your needs have been evaluated</b>
Home Visit		£150.00	£150.00	£100.00	-	-	-	
Re-Assessment*	60-90 mins	£65.00	£55.00	£45.00	£30.00	£45.00	£35.00	
Double Treatment Session**	75-90 mins	£68.00	£65.00	£55.00	£38.00	£50.00	£40.00	
Massage Session	40 mins	-	-	£35.00	£20.00	£35.00	£30.00	

\* if you are presenting with a problem different to the one you were originally assessed for to allow us time to conduct a thorough assessment and start treatment

\*\* if you want more than one area of the body treating in a session to allow us time to treat both areas effectively

## Exercise Services

		Rehab	Pilates	Hartland	<i>It is highly recommended that all clients book in for an Initial Assessment with the instructor prior to joining a class so that we can ensure individual needs are being met in a class environment</i>
Initial Assessment	60 mins	£40	£40	£10	
1-2-1 Session	60 mins	£30	£30	£30*	<i>Our class payments can now be paid by Direct Debit for a reduced rate, please see overleaf for details</i>
1-2-2 Session	60 mins	£45	£45	45*	
1-2-3 Session	60 mins	£68	£68	£68	
Class Block	6 classes	£75	£54	£54	

\*not applicable to ante/post natal 121 sessions - these are charged at £45 due to the additional speciality and liaison with medical professionals involved

### Podiatry/Chiropody

Initial Assessment	30 mins	£40
Treatment Session	20-30 mins	£30
Biomechanical Assessment	60 mins	£75
Custom Moulded Inserts		£50-125
Orthotics Fitting Appointment		£25
<p><i>Our Podiatrist has extensive experience in Biomechanics and Lower Limb problems - working alongside our Physio team we get to the source of the problem</i></p>		

### Clinical Hypnotherapy

Initial Assessment	90-120min	£70
Treatment Session	90 mins	£55
Mini Hypno Session	30 mins	£30
Smoking Cessation	2x 120 min	£160
Therapeutic Facial/Relax	60 min	£40
<p><i>Our Clinical Hypnotherapist offers a wide variety of techniques including NLP, Mindfulness, Havening, Therapeutic Facials, Hypnotherapy and many more to help clients deal with anxiety, pain, phobias and much more!</i></p>		

If you are unsure if Hypnotherapy is for you then we offer a complementary phone consultation with our Hypnotherapist to help you decide!

To book in for any of the above services please contact our main reception

T: 01782 405500

E: appointments@swanphysio.co.uk

We operate a strict 24 hours Cancellation Policy





FROM September 2019

# DIRECT DEBIT OPTIONS

***Our Direct Debit options offer a more convenient and affordable way to pay for ongoing class costs. The longer you sign up for, the cheaper the rate!***

Agreement Period	Monthly Direct Debit Amount				
	Pilates		Gym	Rehab	
	1 class/wk	2 classes/wk		1 class/wk	2 classes/wk
12 Months	<b>£28</b>	<b>£50.00</b>	<b>£15.00</b>	£38	£68
6 Months	<b>£35</b>	<b>£62.50</b>	<b>£20.00</b>	£40	£72
3 Months	<b>£38</b>	<b>£68.00</b>	<b>£25.00</b>	£45	£81

*If you are unable to attend your usual class, you can swap to another class in that week (subject to availability). Please let us know ASAP if you are unable to attend so we can offer your space to someone else*

If you would like to sign up for one of our Direct Debit options please contact reception and let us know which option you want to go for.

We will then email you a link which will set up your Direct Debit Instruction and give you the Agreement document.

***We are now also offering bespoke Direct Debit Quotes for Treatment Sessions and 121 Exercise Services if you know you require them regularly.***



# DEEP OSCILLATION SELF TREATMENT OPTIONS

***As we are the only clinic in a 20 mile radius to have a Deep Oscillation machine, and are in a unique position to offer an affordable 'Self Treatment' option to our clients***

You can either pay as you go for your self-treatment or purchase a block of sessions up front to make a saving. All clients must have a full assessment from one of our Therapists prior to using the self treatment option to ensure it is appropriate, and so our team can guide you on the most cost-effective option to go for.

Areas of body requiring Treatment	Single Session	
<b>1</b>	15 - 25mins	<b>£25</b>
<b>2</b>	30 - 50 mins	<b>£37.50</b>
<b>3</b>	45 - 75 mins	<b>£56</b>

A member of our Clinical Team will get you comfortable in a private room, set the machine up for you, and away you go treating yourself - as long as you can reach where you are treating you can do it yourself. If you cannot reach we are happy to demonstrate to a carer or family member to do it for you!