




---

## SWAN PRICE LISTS

---



**Hannah**  
Main Receptionist

**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.**



**Diane**  
Finance Director

**To book in or enquire about any of our services please contact our Main Reception**




**We operate a strict 24 Hour Cancellation Policy**





## FACE TO FACE PHYSIO AND SPORTS THERAPY SERVICES



<b>PHYSIOTHERAPY / SPORTS THERAPY</b>		Carys	Natalie	Tom	*Re-Assessments - 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, or after you have had a Virtual Assessment.  ** Double Sessions - if you want more than one area of the body treating in a session to allow us time to treat both areas effectively
		 Clinical Director	 Senior Physio	 Senior Sports Therapist	
Initial Assessment	75-90 mins	£75.00	£65.00	£55.00	
Treatment Session	45-60 mins	£45.00	£42.50	£37.50	
Double Treatment Session**	75-90 mins	£68.00	£65.00	£50.00	
Re-Assessment*	40-75 mins	£65.00	£55.00	£45.00	
Massage		N/A	N/A	£35.00	
Vestibular Assessment	90 mins	£90.00	N/A	N/A	
Home Visit		£68.00	£65.00	£50.00	


**IMPORTANT INFORMATION RE: HOME VISITS DURING COVID-19**


We have significantly reduced our usual Home Visit Price in order to try and accommodate clients that are **UNABLE** to attend the clinic during the COVID-19 Pandemic


Home Visits obviously take much more time out of the diary, and effort, as well as increased risk of equipment getting damaged during travel - we will therefore only be able to do them if there is no other alternative e.g you are in a Vulnerable Group or as Government Isolation Measures increase


*We will be checking against very specific criteria prior to booking a clinician to do a home visit to not only ensure efficient use of clinic resources, but also to protect the safety of the Staff and Client.*


**We will not be able to do a Home Visit if there have been any symptoms of COVID-19 in the household in the 2 weeks prior to our visit (Raised Temperature, New Cough, Loss of Smell or Taste).**


- To achieve the best results we use a combination of 'Hand On' treatments within our sessions. Each session is individualised but usually include a combination of the following key elements:
-   
Spinal Mobilisations


  
Joint Mobilisations

  
Massage

  
Deep Oscillation

  
Ultrasound

  
Acupuncture


  
Exercise Advice




## EXERCISE SERVICES





**Due to Government Guidelines we are currently unable to run our Group Classes Face to Face, but will be transmitting these virtually until the advice changes. We can still offer 121 Exercise sessions F2F as well as virtually though!**

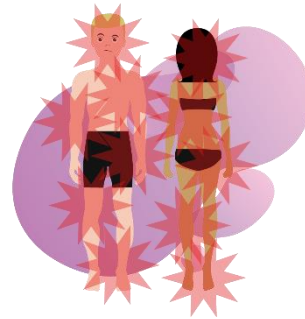
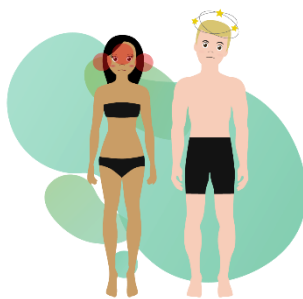
<b>REHAB</b>					
	F2F		Virtual		
<b>Initial Assessment</b>	60 mins	£40.00	60 mins	£30.00	
1-2-1 Session	60 mins	£30.00	60 mins	£25.00	
1-2-1 Session	30 mins	£25.00	30 mins	£15.00	
1-2-1 sessions can be used for Exercise Reviews or a Guided Exercise Session					
<b>MONTHLY DIRECT DEBIT OPTIONS</b>					
Agreement Period	REHAB CLASSES		OPEN GYM ACCESS		
	1 Class / Week	2 Classes/Week	Unlimited		
12 Months	<b>Anyone currently on Direct Debits for Classes will be offered 1-2-1 F2F or Virtual Sessions Instead</b>		£15.00	<b>£15 rate available if paid up front for 3&amp;6 month options</b>	
6 Months			£20.00		
3 Months			£25.00		

**Our Open Gym Access is still operating but is STRICTLY limited to ONE client at a time, and ALL EQUIPMENT will be WIPED Down after use**

<b>PILATES</b>						
	F2F		Virtual			
<b>Initial Assessment</b>	60 mins	£40.00	60 mins	£30.00		
1-2-1 Session	60 mins	£30.00	60 mins	£25.00		
1-2-1 Session	30 mins	£25.00	30 mins	£15.00		
1-2-1 sessions can be used for Exercise Reviews or a Guided Exercise Session						
<b>Class Block</b>	<b>N/A</b>	<b>N/A</b>	6 Classes	£65.00		
<b>MONTHLY DIRECT DEBIT OPTIONS</b>						
Agreement Period	PILATES		<b>Please contact</b> accounts@swanphysio.co.uk <b>before cancelling any Mandates!</b>			
	1 Class / Week	2 Classes/Week				
12 Months	<b>A virtual class to follow at home will be sent out</b>				<b>Anyone currently on 2 classes/week will be reduced down to 1x/class a week</b>	
6 Months						
3 Months						



<p><b>Or Clinical Hypnotherapists work together to not only deliver individual sessions but also group sessions and workshops!</b>  <i>They are also happy to have a quick FREE Telephone Consultation with you to help you decide if Clinical Hypnotherapy is for you!</i></p>		<p><b>Jane</b></p> 	<p><b>Karen</b></p> 
		<p><b>Clinical Hypnotherapists</b></p>	
<b>Initial Assessment</b>	90 mins	£80.00	
<b>Treatment Session</b>	60 mins	£60.00	
<b>Mini Hypno Session</b>	30 mins	£30.00	
<b>Therapeutic Facial</b>	60 mins	£40.00	
<b>Individual Workshop</b>	60 - 90 mins	£25.00	
<b>Block of Workshops</b>	6 Workshops	£135.00	
<b>Smoking Cessation</b>	4 hours	£240.00	




**Our Clinical Hypnotherapists offers a wide variety of techniques including NLP, Mindfulness, Havening, Therapeutic Facials, Hypnotherapy and many more to help clients deal with anxiety, pain, phobias, cancer treatments and much much more!!**



## PODIATRY AND CHIROPODY SERVICES



<p><b>Our Senior Podiatrist has extensive experience in Biomechanics and Lower Limb problems - working alongside our Physio and Sports Therapy team we get to the source of the problem</b></p>	<p><b>Sharon</b></p>  <p><b>Senior Podiatrist</b></p>	
<b>Initial Assessment</b>	30 mins	£43.00
<b>Treatment Session</b>	23-30mins	£33.00
<b>Biomechanical Assessment</b>	60 mins	£78.00
<b>Orthotic Fitting Appointment</b>		£28.00
<b>Custom Moulded Orthotics</b>		£50 - £125



## BONE DENSITY, FOOD INTOLERANCE and VITAMIN TESTING

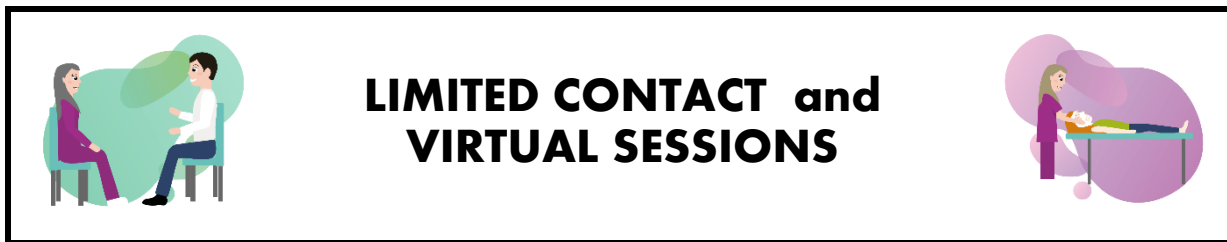


Our Standard Food Intolerance Tests tell you what level of intolerance you may have to 46 of the main food groups including Gluten, Cow's Milk, Nuts, Yeast and much more. We take a small amount of Blood from your finger and then this is processed on a tray which indicates any intolerances to the foods. You have the option of waiting around for approximately an hour to get the results of your test, or you can come to collect them at a later point.

We are able to do multiple tests in the same timeframe - ideal for family members or couples wanted to get tested together - if this is what you want please ask for a Double!

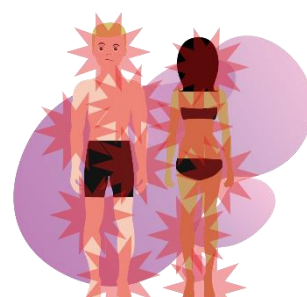
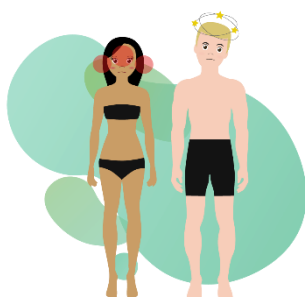
<b>Single Food Intolerance Test (1x Test)</b>	60 mins	£78.00
<b>Double Food Intolerance Test (2x Tests)</b>	60 mins	£130.00
<b>Single Vitamin D Test (1x Test)</b>	40mins	£63.00
<b>Double Vitamin D Test (2x Tests)</b>	40mins	£93.00
<b>Vitamin D Test <i>in addition to</i> Food Test</b>	60mins	£30.00
<b>Bone Density Scan</b>	20 mins	£35.00

Bone Density Scans done every 6 months - please call for more info, and to be added to the waiting list for the next event.




**We have a range of treatment options to help you stay well during this crisis, whilst minimising your contact with us, others and the clinic....**

<b>At the Clinic but <i>MINIMAL CONTACT</i>:</b>		
<b>Self Deep-Oscillation</b>	20 - 40 mins	£25.00
<b>Use the Machine Yourself at Clinic with the only contact being from the Clinician setting you up!</b>		
<b>Acupuncture Only</b>	30 mins	£25.00
<b>Just come in for some Acupuncture - Limited Contact but great pain relief!</b>		
<b>Virtually : Get our expertise but <i>without leaving your home</i>!</b>		
<b>Telephone Consultations</b>	15 mins	£10.00
<b>Video Consultations:</b>	30-40 mins	£20.00
<b>Assessment of the Problem</b>		
<b>Review of Exercises</b>		
<b>Guided Exercise Session</b>	<b>These are also now being covered by major insurance companies in lieu of F2F treatment</b>	
<b>Guided Treatment Session - us teaching someone else to do the 'Hands On' bit!</b>		
<b>Pre-Recorded Pilates Class</b>	60 mins	£10.00
		<b>incl. in current DD and Blocks</b>





## PODIATRY AND CHIROPODY SERVICES

<p><b>Our Senior Podiatrist has extensive experience in Biomechanics and Lower Limb problems - working alongside our Physio and Sports Therapy team we get to the source of the problem</b></p>		<p><b>Sharon</b></p>  <p><b>Senior Podiatrist</b></p>
<b>Initial Assessment</b>	30 mins	<b>£43.00</b>
<b>Treatment Session</b>	23-30mins	<b>£33.00</b>
<b>Biomechanical Assessment</b>	60 mins	<b>£78.00</b>
<b>Orthotic Fitting Appointment</b>		<b>£28.00</b>
<b>Custom Moulded Orthotics</b>		<b>£50 - £125</b>







