



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.

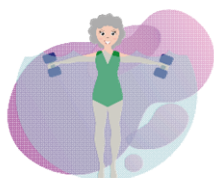


Diane
Finance Director

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






We operate a strict 24 Hour Cancellation Policy






PHYSIO, OSTEO AND SPORTS THERAPY SERVICES



PHYSIOTHERAPY & SPORTS THERAPY 'Virtual First Approach'		Carys  Clinical Director	Natalie  Senior Physio	Veronica  Lizzie  Junior Physiotherapists	Tom  Senior Sports Therapist
Initial Assessment (Virtual)	25-50 mins	£20-30	£20-30	£20-30	£20-30
Treatment Session	45-60 mins	£45.00	£42.50	£40.00	£37.50
Double Treatment Session*	75-90 mins	£68.00	£65.00	£55.00	£50.00
Re-Assessment**	60-90 mins	£65.00	£55.00	£45.00	£45.00
Massage Session	40 mins	N/A	N/A	£35.00	£35.00
Home Visit***		£68.00	N/A	N/A	N/A
Vestibular Assessment	90 mins	£90.00	£90.00	N/A	N/A
Hydrotherapy	90 mins	£90.00	£90.00	N/A	N/A

* 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	 Osteopath	<h2>OSTEOPATHY</h2>	
** Re-Assessments If you are presenting with a problem different to the one you were originally assessed for, or after you have had a Virtual Assessment. Longer session allows us time to conduct a thorough physical assessment and start treatment.			
*** Home Visits 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			
	£55.00	45mins	Initial Assessment
	£40.00	30- 45mins	Treatment Session
	£55.00	75-90 mins	Double Treatment Session**
	£45.00	45mins	Re-Assessment*
	£35.00	30-45mins	Massage Session

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



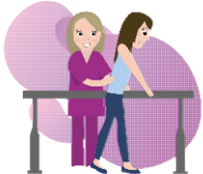
Exercise Advice




EXERCISE SERVICES



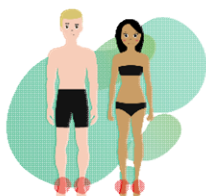
Due to Government Guidelines we have had to significantly change the way some of our Group Classes run Face to Face, but now have virtual options to replace / complement them. We can still offer 121 Exercise sessions F2F.

REHAB					
	F2F		Virtual		
Initial Assessment	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					
MONTHLY DIRECT DEBIT OPTIONS					
Agreement Period	REHAB CLASSES			OPEN GYM ACCESS	
	1 Class / Week		2 Classes/Week	Unlimited	
12 Months	Currently unavailable			£15.00	£15 rate available if paid up front for 3&6 month options
6 Months				£20.00	
3 Months				£25.00	

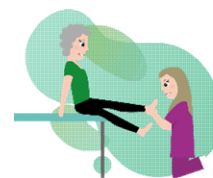
Our Open Gym Access is still operating but is STRICTLY limited to ONE client at a time, and ALL EQUIPMENT will be WIPED Down after use. You can book online for this


PILATES					
	F2F		Virtual		
Initial Assessment	60 mins	£40.00	60 mins	£30.00	
1-2-1 Session	60 mins	£30.00	60 mins	£25.00	
1-2-2 Session	30 mins	£25.00	30 mins	£15.00	
Class Block	N/A	N/A	6 Classes	£65.00	
MONTHLY DIRECT DEBIT OPTIONS - Virtual / F2F					
Agreement Period	PILATES		<div>Please contact accounts@swanphysio.co.uk before cancelling any Mandates!</div>		
	1 Class / Week	2 Classes/Week			
12 Months	£30.00	Anyone currently on 2 classes/week will be reduced down to 1x/class a week			
6 Months	£38.00				
3 Months	£42.00				
Supervised Virtual Pilates		£70	1x Monthly Supervised Class + 1x Weekly Virtual Class		

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



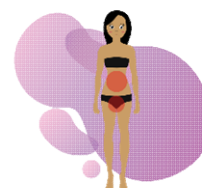
PODIATRY AND CHIROPODY SERVICES



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

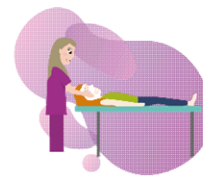
We are able to do multiple tests in the same timeframe - ideal for family members or couples wanted to get tested together - if this is what you want please ask for a Double!

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



CLINICAL HYPNOTHERAPY SERVICES



Or Clinical Hypnotherapist can do a variety of techniques virtually as well as F2F.

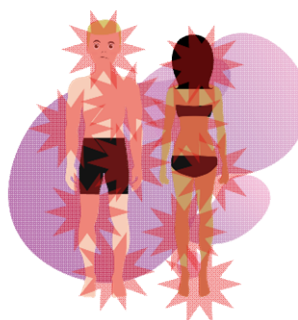
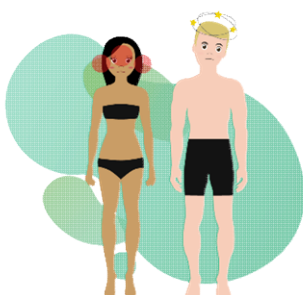
Prior to a F2F session all clients must be screened. For existing clients this may be done by another member of the Therapy team, or for new clients via a Telephone Consultation with the Hypnotherapist

Jane



Clinical Hypnotherapist

Initial Assessment	90 mins	£80.00
Treatment Session	60 mins	£60.00
Mini Hypno Session	30 mins	£30.00
Therapeutic Facial	60 mins	£40.00
Individual Workshop	60 - 90 mins	£25.00
Block of Workshops	6 Workshops	£135.00
Smoking Cessation	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!!



LIMITED CONTACT and VIRTUAL SESSIONS



We understand that despite the stringent infection control measures we have in place at the clinic there will still be times people are unable to come in or feel unsure about spending time in a treatment room with a member of staff.

So we have developed a range of treatment options to help you stay well during the pandemic, whilst minimising your contact with us, others and the clinic...

At the Clinic but *MINIMAL CONTACT*:

Self Deep-Oscillation	20 - 40 mins	£25.00
Use the Machine Yourself at Clinic with the only contact being from the Clinician setting you up!		
Acupuncture Only	30 mins	£25.00
Just come in for some Acupuncture - Limited Contact but great pain relief!		

Virtually : Get our expertise but *without leaving your home*!

Telephone Consultations	15 mins	£10.00
Video Consultations:		
Assessment of the Problem Review of Exercises Guided Exercise Session	Spine / Shoulder / Multiple Problems 30- 50mins	£30.00
Guided Treatment Session - us teaching someone else to do the 'Hands On' bit!	NOT Spine / Shoulder / Single Problem 25 mins	£20.00
These are also now being covered by major insurance companies in lieu of F2F treatment	Follow up Consult 25 mins	£20.00
Supervised Virtual Pilates		
(Gets you ready for Virtual Pilates, or to join one of our F2F classes. Monthly distanced F2F 121 session, then access to 4x weekly Virtual classes)	60 mins	£70.00
		Monthly DD for 4 months

