

£20 OFF ANY SERVICE*

*One voucher per person
on presentation of this
flyer at your appointment



PRICE LIST 1ST JANUARY 2022

Physiotherapy

We can help you overcome any musculoskeletal (muscle, joint, ligament, tendon, nerve) complaint, from headaches to foot pain and everything in-between. We will work with you to develop a suitable treatment plan involving evidence-based, up-to-date approaches including exercise therapy, manual therapy and acupuncture.

Initial Assessment or Treatment Session (45 mins) £60 **Initial Assessment and Treatment Session (60 mins) £75**
Follow up Treatment Session (30 mins) £45

Clinical Specialist Physiotherapy

If you have been struggling with a long term or complex musculoskeletal condition or have previously tried physiotherapy elsewhere without success, a Clinical Specialist appointment may just be what you need.

Initial Assessment or Treatment Session (45 mins) £70 **Initial Assessment and Treatment Session (60 mins) £90**
Follow up Treatment Session (30 mins) £50

Home Visits

For patients who are unable to attend an appointment at one of our clinics due to mobility problems, we can come out to treat you in your own home to work on your mobility (within a 20 mile radius of Head Office Clinic).

Within 10 mile radius of NE3 3LU £125 per visit **10-20 mile radius of NE3 3LU £155 per visit**

Shockwave Therapy

We are one of the only Physiotherapy clinics in the North East offering the scientifically proven Extracorporeal Shockwave Therapy (ESWT), which is a non-invasive treatment that assists with the body's natural healing process. It involves sending shockwaves through your skin towards the painful, affected

50 mins £60 **30 mins £35**

 **0333 2200 238**

Gosforth: Arden House, Regent Centre, Gosforth, NE3 3LU

Darras Hall: Broadway, Darras Hall, Ponteland, Northumberland, NE20 9PW

Newcastle: The Saville Clinic, Suite 3, Saville Chambers, 5 North Street, Newcastle upon Tyne, NE1 8DF

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physiotherapy matters
Comprehensive Physiotherapy Service

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Ostenil Injections

Ostenil is an injection treatment for the symptoms of osteoarthritis and is injected into the affected joint. Over the course of the treatment you should start to feel less pain and stiffness as well as prolong the health of your joint.

Ostenil Standard (Course of 3 injections) 1 joint £360	Ostenil Mini (Course of 3 injections) 1 joint £300
For large joints such as knees or shoulders 2 joints £540	For smaller joint such as the fingers or toes 2 joints £420
Ostenil Plus (1 injection) 1 joint £220	(Prices include cost of appointments and injections)
Ideal for repeat injections following standard course 2 joints £360	

Corticosteroid Injections

Steroid injections can be used to manage inflamed areas causing pain, such as arthritic joints due to Osteoarthritis or Rheumatoid Arthritis, frozen shoulder, tendinitis and bursitis. This is rarely a stand-alone treatment and should be accompanied by appropriate rehabilitation of the problem area.

Initial assessment plus follow up appointment to carry out injection£200

Physio-Led Pilates (50mins)

Our Physio-Led Pilates sessions are designed to improve core strength, flexibility, posture and balance and are led by an expert pilates-trained physiotherapist who is able to tailor the program for the individual attendees.

1-1£60 1-2 (per person charge)£35 1-3 or 1-4 (per person charge)£25

Classes (50 mins class)

Our range of health and fitness classes are suitable for all ages and abilities, located within modern facilities located behind our head office clinic in Regent Centre. All classes are run in small groups of 6-8 participants and led by an experienced physiotherapist or sports therapist for optimum quality and results. (All classes to be pre-booked via www.healthandexercisematters.co.uk)

A range of fitness, health and wellbeing classes In-studio £10 Pilates, Yoga, Meditation, Run & Cycle Fit On-line (remote) £5

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