

# price list

## **FLEXIBILITY MATTERS LTD**

PERFORMING ARTS MEDICINE SPECIALIST IN LONDON  
CHARTERED PHYSIOTHERAPY SERVICE (HCPC, MCSP)

Initial assessment (45min)	<b>£95</b>
Chronic Pain Coaching (60min)	<b>£120</b>
Follow-up Treatment (30min)	<b>£75</b>
Follow-up Treatment (45min)	<b>£85</b>
<b>Essential Recovery (12 weeks)</b>	<b>£270</b>
<ul style="list-style-type: none"><li>• 4 x 30-minute physiotherapy sessions</li><li>• Personalised injury prevention and exercise program in PDF and FREE rehab diary</li></ul>	

<b>Comprehensive Recovery (4 Months)</b>	<b>£459</b>
<ul style="list-style-type: none"><li>• 6 x 45-minute physiotherapy sessions</li><li>• Essential recovery plus discount sports massage</li><li>• Onwards scans and referral letters</li><li>• Additional follow-up sessions (10% off)</li></ul>	

Suitable for Muscle Strain, Ligament Sprain & Stress Fracture

<b>Elite Performance (9 Month)</b>	<b>£1,445</b>
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- Complimentary Pain Coaching session (1 hour)
- 20 x 45-minute physiotherapy sessions
- Complementary 1:1 injury psychology / Sports massage sessions

Suitable for Post Op-Rehab, Major Injuries (ACL/Labrum/ Meniscus/ Achilles Tear), Fracture Rehab & Persistent Pain Conditions

**Addition cost for home visit depending on location**

**(£1 per min of travel) and Concession fees available on request**

 @flexibility\_matters

 www.fmphysio.com

