

Price List



Self-referral Patients

Musculoskeletal Initial Assessment (Clinic)

Initial Assessment 45 minutes	£68
Initial Assessment 60 minutes (Complex or multiple body sites)	£78

Musculoskeletal Follow-up (Clinic or Gym)

Appointment duration dependent on treatment plan

30 minutes	£55
45 minutes	£65
60 minutes	£75

Physio-led Pilates

Group Pilates session – Block of 6 sessions	£72
1:1 or 1:2 Pilates session	£75

Home Visits

Based on 15-minute travel time each way, further charges may apply for greater distances

Initial Assessment 60 minutes	£85
Follow-up 60 minutes	£80
Follow-up 45 minutes	£70

Valid from January 2026