

PRE-SURGERY PACKAGES

PACKAGE	FORMAT (Each Package Includes)	COST	ELIGIBILITY
Prepare — Optimise (8-week Prehabilitation)	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 90 minute final assessment 	£710.00	8 weeks prior to surgery
Prepare — Accelerate (6-week Prehabilitation)	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 4 x 45 minute follow-up appointments • x1 90 minute final assessment 	£532.50	6 weeks prior to surgery

POST-SURGERY PACKAGES

PACKAGE	FORMAT (Each Package Includes)	COST	ELIGIBILITY
Hip Replacement Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 9 x 45 minute follow-up appointments • x1 60 minute final assessment 	£996.00	6–12 weeks post-operatively
Knee Replacement Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 9 x 45 minute follow-up appointments • x1 60 minute final assessment 	£996.00	6–12 weeks post-operatively
Rotator Cuff Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 9 x 45 minute follow-up appointments • x1 60 minute final assessment 	£996.00	6–12 weeks post-operatively
ACL Reconstruction Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 9 x 45 minute follow-up appointments • x1 60 minute final assessment 	£996.00	6–12 weeks post-operatively

REHABILITATION ONLY PACKAGES

PACKAGE	FORMAT (Each Package Includes)	COST	ELIGIBILITY
Shoulder Pain Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 60 minute final assessment 	£740.00	Immediately upon referral
Knee Pain Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 60 minute final assessment 	£740.00	Immediately upon referral
Hip Pain Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 60 minute final assessment 	£740.00	Immediately upon referral
Back Pain Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 60 minute final assessment 	£740.00	Immediately upon referral
Elbow Pain Rehabilitation	<ul style="list-style-type: none"> • x1 90 minute initial assessment • 6 x 45 minute follow-up appointments • x1 60 minute final assessment 	£740.00	Immediately upon referral



All packages include expert assessment, tailored treatment, and structured progression to support your recovery and return to activity.