



Prices - *Reviewed January 2025*

• 45 Minute Appointment at The Health Collective

Fellside Physiotherapy is situated in the wonderful Health Collective in Wigton. We provide 45-minute appointments with a qualified chartered physiotherapist who customises each session to meet your specific needs.

Specialising in sports injuries, musculoskeletal conditions, and poly-trauma recovery, we conduct comprehensive assessments to develop a personalised treatment plan tailored just for you.

Our methodology incorporates manual techniques such as massage, trigger point therapy, and fascia release, along with exercise prescriptions. Using a free app, Emma can send you exercises complete with descriptions, photos, and videos, detailing how many repetitions to complete. If technology isn't your preference, Emma can also provide printed copies of your exercises.

Emma is dedicated to offering physiotherapy for everyone, aiding in the recovery of your movement and function whether you are healing from an injury, illness, or surgery.

£67.50

• Gift Voucher

Looking to pamper someone special in your life?

There's no better way to express your care than by gifting a Fellside Physiotherapy Gift Voucher, beautifully presented in an elegant envelope adorned with a ribbon.

The recipient has 12 months from the purchase date to redeem the voucher and schedule their appointment (at The Health Collective) at their convenience.

£67.50

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• **Virtual Appointment**

If you can't make it to Fellside Physiotherapy at The Health Collective, you can opt for a virtual appointment.

Emma utilises a secure platform for these sessions and, as a qualified chartered physiotherapist, she will conduct an assessment by gathering your medical history and listening to your concerns, she will also evaluate your mobility and range of motion, personalising each session to suit your unique needs.

Following this, a customised treatment plan will be created just for you. Using a complimentary app, Emma will provide you with exercises that include descriptions, photos, and videos, along with details on the number of repetitions to complete.

£60.00

• **Event Work**

Fellside Physiotherapy has extensive experience providing at events ranging from grassroots to international elite competitions. They are accustomed to working in all weather conditions, managing high-pressure situations, and offering support at any hour day or night.

Emma is a dual-qualified chartered physiotherapist and sports massage therapist, with additional certifications in sports trauma management (first aid, basic life support, and AED use). If more support is needed for an event, arrangements can be made.

Having physiotherapy coverage can enhance your event in many ways. Our treatments include pre-event taping clinics, mid-event injury management, and post-event recovery massage services, all aimed at helping athletes perform at their best and recover effectively.

Emma is available for international travel and offers professional tailored packages to your specific needs. Whether it's for a sporting event, charity fundraiser, endurance race, or an all-day outdoor gathering, Emma can assist in alleviating sore muscles, preventing injuries, and promoting recovery.

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