



LANES
HEALTH CLUBS

PHYSIOTHERAPY & REHABILITATION

DISCOVER OUR CHARTERED PHYSIOTHERAPY AND
REHABILITATION CLINIC, OPEN TO BOTH
MEMBERS AND NON MEMBERS

SERVICES

Abbi's Health and Wellbeing Ethos

Abbi has over 10 years experience within the health and fitness industry, both in the private sector and within the NHS. His career started as a gym instructor and personal trainer which has provided him with a plethora of experience.

Abbi gained a degree in Physiotherapy at the University of Brighton and is currently a senior physiotherapist within the NHS specialising in orthopaedic rehabilitation. He also has extensive experience in musculoskeletal outpatients, neurological rehabilitation, medical inpatients and community physiotherapy.

Sports and Therapeutic Massage

Bsc Degree in Physiotherapy
Level 4 Personal Training
Exercise Prescription and Rehabilitation
Medical and Physical Diagnosis
Manual Therapy
Soft Tissue Treatment
Postural Stability and Advice

For more information or to book a Physiotherapy or Rehabilitation consultation with Abbi Crawford please telephone 01903 859777 Physio@laneshealthclubs.co.uk

Physiotherapy Introductory Price

Treatment	Duration	Price	
		Member	Non-member
Initial Consultation	60m	£55	£65
Follow-up Sessions	60m	£50	£60
6 Pack of Sessions	6 x 60m	£270	£324
12 Pack of Sessions	12 x 60m	£480	£576

Massage Therapy

Treatment	Duration	Price	
		Member	Non-member
Massage Therapy	30m	£35	£45
Massage Therapy	60m	£65	£75

Rehabilitation Personal Training Plan

Treatment	Duration	Price	
		Member	Non-member
Initial Programme	45m	£25	£45
Programme Review	45m	£35	£75
6 Pack of Sessions	6 x 60m	£328	£388
12 Pack of Sessions	12 x 60m	£649	£769

Gift vouchers are available for all treatments and training plans – please ask at Reception.