



## Physiotherapy Introductory Price

Comprehensive Physiotherapy Assessment session.  
Providing clients with clinical diagnosis, treatment,  
symptom modification and self-management techniques.

### Initial Consultation (Member)

60 minutes £55

### Initial Consultation (Non-Member)

60 minutes £65

### Follow-up Sessions (Member)

60 minutes £50

### Follow-up Sessions (Non-Member)

60 minutes £60

### Pack of 6 Sessions (Member)

60 minutes £270

### Pack of 6 Sessions (Non-Member)

60 minutes £324

### Pack of 12 Sessions (Member)

60 minutes £480

### Pack of 12 Sessions (Non-Member)

60 minutes £576

# Special Offers!

10% off for NHS workers across all  
of our treatments\*

\*Not to be used in conjunction with any other offer

## Contact Us

01903 859777

[physio@laneshealthclubs.co.uk](mailto:physio@laneshealthclubs.co.uk)

Bookings:

[laneshealthclubbeautyandwellness.book  
.app/book-now](https://laneshealthclubbeautyandwellness.book.app/book-now)

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Rooms

## PHYSIOTHERAPY &

## REHABILITATION

### Lanes Health Clubs

Golfers Lane, Rustington BN16 4NB



## Meet Physiotherapist. Abbi Crawford

Our Physiotherapist Abbi Crawford, 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 with courses in Boxing, Indoor Cycling and Power Plate Vibration Training which has given Abbi a diverse plethora of health and medical knowledge.

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.

## Massage Therapy

Sports specific massage techniques focusing on releasing muscular trigger points to promote recovery and rehabilitation.

### Massage Therapy (Member)

30 minutes £35

### Massage Therapy (Member)

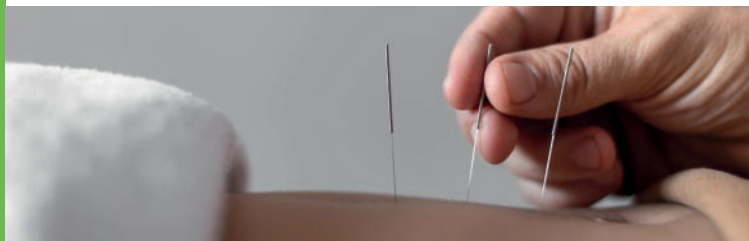
60 minutes £65

### Massage Therapy (Non-Member)

30 minutes £45

### Massage Therapy (Non-Member)

60 minutes £75



## Acupuncture Therapy

Abbi uses acupuncture and dry needling as an adjunct to compliment physiotherapy techniques. Acupuncture is used to restore energy flows to realign and heal areas of the body, whereas the primary use of needling is to locate certain muscle trigger points to decrease pain and improve range of motion.

### Acupuncture Therapy (Member)

25 minutes £30

### Acupuncture Therapy (Member)

45 minutes £55

### Acupuncture Therapy (Non-Member)

25 minutes £35

### Acupuncture Therapy (Non-Member)

45 minutes £60

## Rehabilitation Personal Training Plan

### Rehabilitation Plan

Follow up appointments with physiotherapist-led sessions focusing on improving your symptoms and diagnosis, which will be identified during the initial appointment.

### Personal Training

1 to 1 tailored exercise sessions with our physiotherapist to focus on your personal goals.

### Initial Programme (Member)

45 minutes £25

### Programme Review (Member)

45 minutes £35

### 6 Pack of Sessions (Member)

6 x 60 minutes £328

### 12 Pack of Sessions (Member)

12 x 60 minutes £649

### Initial Programme (Non-Member)

45 minutes £45

### Programme Review (Non-Member)

45 minutes £75

### 6 Pack of Sessions (Non-Member)

6 x 60 minutes £388

### 12 Pack of Sessions (Non-Member)

12 x 60 minutes £769

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