



PRICELIST

| SERVICES | PRICE (£) | SESSIONS LENGTH |
|--|-----------|------------------|
| Initial Consultation | £50 | Up To 60 Minutes |
| Includes Full Comprehensive Injury Assessment and Treatment Recommendation. | | |
| Body MOT | £35 | 30 Minutes |
| Tailored from Functional Movement Screening, Postural Analysis, Gait Analysis, and Mobility and Flexibility Testing. | | |
| Edge Performance Massage | £35 | 30 Minutes |
| Soft Tissue Treatment: Including modalities such as Massage, Myofascial Release, Trigger Point, Lymphatic Drainage, and Scar Tissue Remodelling. Limited to specific muscle group focus. | | |
| Pro Massage | £50 | 60 Minutes |
| Includes Full Body Soft Tissue Treatment. | | |
| Elite Edge Massage | £65 | 60 Minutes |
| Composed of Full Body Soft Tissue Treatment, Dry Cupping, Instrument Assisted Soft Tissue Mobilisation (IASTM), and Manipulations. | | |
| Exercise Prescription | £35 | 30 Minutes |
| Individually Tailored Injury Rehabilitation, Performance Enhancement or Postural Correction. | | |
| Exercise Prescription and Massage | £50 | 60 Minutes |
| Session composed of Individually Tailored Exercise Prescription and Soft Tissue Treatment. | | |

| BLOCKS AND PACKAGES | PRICE (£) |
|---|-----------|
| Competition Readiness and Recovery Package | £60 |
| Two Tailored 30-minute sessions, Pre-Competition and Post-Competition | |
| Maintenance Massage Block | £100 |
| 4 x 30-minute sessions | |
| Maintenance Massage Block | £180 |
| 4 x 60-minute sessions | |
| Rehabilitation Block | £100 |
| 4 x 30-minute Sessions | |
| Rehabilitation and Massage Block | £180 |
| 4 x 60-minute Sessions | |

For In-House Corporate Wellbeing Package – Please Enquire

For Mobile Services – Please Enquire

For Event Cover and Services – Please Enquire



Edge Performance Therapy
Scan To Contact Us

