



SERVICES	PRICE (£)	SESSIONS LENGTH
Initial Consultation	£60	45-60 Minutes
Includes Full Comprehensive Injury Assessment and Treatment Recommendation.		
Body MOT	£40	30 Minutes
Tailored from Functional Movement Screening, Postural Analysis, Gait Analysis, and Mobility and Flexibility Testing.		
Sports Massage	£40	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.		
Sports Massage	£60	60 Minutes
Multi-Area Soft Tissue Treatment. May Include: Dry Cupping, Instrument Assisted Soft Tissue Mobilisation (IASTM), and/or Spinal Manipulations.		
Injury Rehabilitation	£40	30 Minutes
Individually Tailored Injury Rehabilitation, Performance Enhancement or Postural Correction.		
Exercise Prescription and Massage	£60	60 Minutes
Session composed of Individually Tailored Exercise Prescription and Soft Tissue Treatment.		

BLOCKS AND PACKAGES	PRICE (£)
Competition Readiness and Recovery Package	£70
2 x Tailored 30-minute Sessions, Pre-Competition and Post-Competition	
Maintenance Massage Block	£120
4 x 30-minute sessions	
Maintenance Massage Block	£200
4 x 60-minute sessions	
Rehabilitation Block	£120
4 x 30-minute sessions	
Rehabilitation and Massage Block	£200
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
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