

Pain Relief for Injury and Illness

The Ultima Physio pain relief clinic offers treatment for the majority of painful conditions, including temporo-mandibular joint syndrome, neuralgia, repetitive strain injury, carpal tunnel syndrome, frozen shoulder, ME, MS, cancer. Specially developed massages are also available for patients with cancer, MS and ME,

We also offer specialised therapies for peripheral neuropathy, muscular dystrophy, post-cardiac surgery, rheumatoid arthritis etc.

Our list is not exhaustive since the treatments and therapies we offer are flexible enough to accommodate virtually all needs. If there is something in particular you need, please contact us and speak to Isobel, who will be happy to advise you.

Your First Appointment

Before your first appointment, please do not take any painkillers or anti-inflammatories, as these will mask the symptoms and make accurate diagnosis more difficult. It will also be helpful if you bring along a written list of your medication.

Pain & Injury Treatment Fees

For Accidents, Falls, Pain Relief and Injury Treatment (see note below*)

If the appointment has been requested by your insurers or solicitor,

Please allow up to 1½ hours £70

This covers the consultation, assessment, writing a report and your first treatment.

Otherwise, if paying for yourself without a referral (1 hour) £50

Follow-up treatments for the same problem (45 mins) £45

*Treatments may consist of a combination of therapies - ultrasound, remedial massage, acupuncture, cupping, mobilisation or manipulation as your physiotherapist thinks fit – designed to bring about a rapid improvement in your condition and to relieve your pain.

PHYSIOTHERAPY, ACUPUNCTURE, REMEDIAL MASSAGE, MANIPULATION AND MOBILISATION, FOOD INTOLERANCE TESTING etc. Each as a stand-alone treatment - about 1 hour £50