

Treatments available...

All treatments are available to book individually or we recommend a personal consultation where you will receive an injury assessment from which we can recommend the appropriate rehabilitation programme.

Sports therapy and injury rehabilitation

Total Body helps many men, women and sportspeople recover from injury and postural or muscle imbalances and return to full fitness.

A personal consultation consists of an injury assessment from which we can recommend an appropriate rehabilitation programme, including ultrasound treatment, to assist full recovery.

Consultations	30 minutes	£38.00
Treatments	30 minutes	£30.00
	6 treatments	£165.00
Postural assessment	60 minutes	£45.00

Physiotherapy and osteopathy

Your consultation includes assessment, personal treatment planning and allows for treatment time where appropriate.

Consultations	60 minutes	£55.00
Treatments	30 minutes	£35.00
	45 minutes	£45.00
	60 minutes	£55.00

Sports massage

Particularly beneficial for stiff necks, backs and shoulders, sports massage is a process of intramuscular massage and stimulation which helps to increase blood flow and break down tough scar tissue and adhesions to remove painful and troublesome knots.

This helps injured muscles and limbs recover and enables you to return to full function as quickly as possible.

Treatments	30 minutes	£30.00
	4 massage treatments	£110.00

Postural assessment and corrective exercise programme

Back pain, shoulder pain and general joint pain or the 'kinetic chain' are often caused by the body itself. Musculoskeletal imbalances often result in pain throughout the body.

Simple dynamic and static postural assessment can help identify these imbalances and movement based flexibility programmes and other postural corrective techniques will help reduce pain, correct posture and improve the quality of long standing symptoms.

Postural analysis and programme	60 minutes	£45.00
Programme of corrective exercise	60 minutes	£30.00
Course of six sessions		£180.00

For more information or to book your consultation please call us on
01283 512211

MOT health checks

All our MOT Health Checks packages include bodyweight, blood pressure, body measurements, body type, flexibility, body composition measurements and your daily calorie requirement.

Bronze MOT health check £25.00
Includes Mini Health Assessment.

Silver MOT health check £45.00
Includes Mini Health Assessment plus Cholesterol Test and Diabetes Test.

Gold MOT health check £95.00
Includes Mini Health Assessment, Cholesterol Test, Diabetes Test plus Dietary Analysis.

Individual testing

Cholesterol Test	£10.00
Diabetes Test	£10.00
Cholesterol and Diabetes	£15.00
Dietary Analysis	£50.00
ECG Heart Test	£10.00

Members introductory offer

After your personal consultation, book four treatments and receive a **FREE Silver MOT health check** including cholesterol, diabetes and blood pressure

worth
£45

TOTAL BODY
REHABILITATION



worth
£45

Members introductory offer

After your personal consultation, book four treatments and receive a **FREE** Silver MOT health check including cholesterol, diabetes and blood pressure

Your personal consultation

During your personal consultation you will receive an injury assessment from which we can recommend an appropriate Rehabilitation Programme to assist your full recovery.

Personalised rehabilitation programme

Using our knowledge and experience we will listen, assess and create a bespoke treatment plan to rehabilitate your injury.

We have a broad range of services including physiotherapy, osteopathy and functional training allowing us to find the right combination that will work for you.

Back, shoulder and joint pain

Back pain, shoulder pain and general joint pain are often caused by imbalances in the body itself.

We have a series of static and dynamic postural assessments to identify these imbalances. Once identified we can create a treatment plan to both relieve your symptoms and re-strengthen your key postural muscles.



2012 / 2013



TOTAL BODY
REHABILITATION



TOTAL BODY
personal training & sports therapy

When your body needs expert help

TOTAL BODY
REHABILITATION

Therapy and Rehabilitation

at Branston Golf & Country Club

TOTAL BODY
REHABILITATION

What we do...

- Physiotherapy • Osteopathy • Personal Training •
- Sports Massage • Postural Assessments • Pilates •
- Health Appraisals • Cholesterol and Diabetes Testing •

Total Body Rehabilitation at Branston Golf and Country Club, provides a professional and friendly sports injury and musculoskeletal service to enable you to return to the highest health and fitness levels in the shortest possible time.

How we do it...

Our sports injury therapists and personal trainers work alongside a network of associate physiotherapists, osteopaths and sports medicine consultants to offer members the highest possible standards in personal training, nutritional advice and injury rehabilitation.

These professionals work both independently and together as a multi disciplinary team to provide comprehensive assessment and examination, working with you to resolve your problems - and all in the comfort and convenience of your club.

For more information or to book your consultation please call
01283 512211
or 07780 915017

Total Body Rehabilitation at
Branston Golf and Country Club, Burton Road, Branston,
Burton upon Trent, Staffordshire, DE14 3DP.
www.branstonclub.co.uk

Due to our continued success we have now opened a **NEW** purpose built treatment room allowing us to offer even more services to you as a Branston member.