

# ONTRACK SPORTS THERAPY

Helping you every step of the way

Our aim is to get you and your injury back on track to full functional fitness. We take into account that each client is unique, whether you are a Sunday stroller or an elite athlete. Whatever your goal, we will help you every step of the way.

## What we do

- Full injury examination and assessment
- Identify the cause of the problem
- Formulate tailored treatment plans
- Injury rehabilitation
- Prehabilitation

## Treatments

- Sports massage
- Deep tissue massage
- Spinal mobilisations
- Joint mobilisations
- Injury rehabilitation
- Post-op rehabilitation and gait re-education

**10%**  
off all  
treatments  
with this  
leaflet

- Discount for Fitness First members (Brixton Clinic)
- Special discounts available for sports clubs and teams
- Early bird and late evening appointments available

Please contact us for more information or to book an appointment

 : 07508298776 / 07508298777

 : [info@ontracksportstherapy.co.uk](mailto:info@ontracksportstherapy.co.uk)

 : [www.ontracksportstherapy.co.uk](http://www.ontracksportstherapy.co.uk)

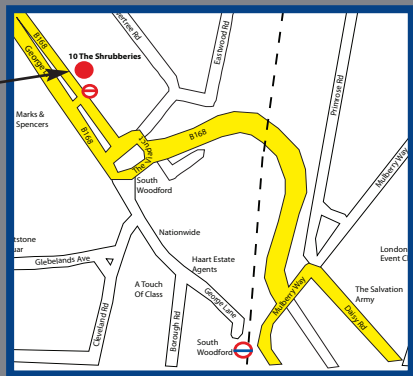




Fitness First  
 Blue Star House  
 Stockwell Road  
 Brixton  
 SW9 9SP

Room 8  
 10 The Shrubberies  
 George Lane  
 South Woodford  
 E18 1BD

Mondays  
 6pm - 10pm



Treatment	Time	Brixton Clinic	South Woodford Clinic
Initial consultation (examination, assessment, initial treatment)	1 hour	£40 <del>£36</del>	£45
Follow up treatments / rehabilitation	45 minutes	£35 <del>£31.50</del>	£40
Prehabilitation (MOT)	1 hour	£40 <del>£36</del>	£40
Sports massage / Deep tissue massage	30 minutes	£30 <del>£27</del>	£30
	45 minutes	£45 <del>£40</del>	£45
	1 hour	£50 <del>£45</del>	£50
Home Visit	1 hour	£65	£65