How to arrange Private Physiotherapy?

1. Contact the Physiotherapy Department on the number on the back of this leaflet.
2. Explain that you wish to organize Private Physiotherapy.
3. You will be asked for details of your Medical Insurance if you are organising your therapy through them.
4. You will be offered an appointment.
5. Our Paying Patients Team will contact you to set up payment.
6. Therapy will commence.
7. The paying patient team will liaise directly with you and your insurance company.
8. At the end of your therapy you will be reimbursed for any car parking payments you may have accrued.

Any ‘extra’ items such as equipment or splints will be charged by invoice (these may not be covered by medical insurance – please check your individual policy).

Prices range from £60 for a 45 min assessment and £45 for a 30 min follow-up session. Our prices are in keeping with private physiotherapy services locally.

Appointments are available Monday - Friday from 8.00am – 4.30pm and up to 7.00pm on Tuesdays and Thursdays.
Physiotherapy Services available privately

The Royal Berkshire hospital has highly specialist and experienced physiotherapists, all registered with HCPC, working in many different fields delivering the best service possible to our patients.

The Department promotes clinical excellence amongst its staff as well as being actively involved with teaching undergraduates and ensuring professional development. The Department has close links with the Chartered Society of Physiotherapy and other clinical interest groups.

You can be referred from your consultant, GP or you can refer yourself.

We have various services available.

Musculoskeletal Physiotherapy
Hand Therapy
Hand Therapy works in the Outpatient Physiotherapy department as well as in specialist hand clinics both at the Royal Berkshire Hospital and the West Berkshire Community Hospital. We work closely with the Orthopaedic Consultants to carry out specialist assessment and treatment.

Hand Splints can be custom made for an individual and a range of pre-made splints are available to purchase where appropriate.

Hydrotherapy Hydrotherapy facilitates the relief of pain and muscle spasm, can help increase range of movement and improves both strength and control of muscles. It is particularly good in promoting function where weight-bearing is otherwise compromised and/or where patients are not progressing with conventional land-based physiotherapy treatment.

Aquanatal sessions (Hydrotherapy during pregnancy) are also available.

Acupuncture Many of our therapists are trained in Chinese Acupuncture and offer Acupuncture techniques either as an adjunct to standard physiotherapy or a stand-alone pain relieving technique for patients who have already completed more physical forms of therapy.

Women’s Health Specialist Obstetric Physiotherapy for musculoskeletal problems during pregnancy and after childbirth. We also offer specialist treatment sessions for pelvic floor muscle weakness problems: urinary incontinence, difficulty with bowel control, pelvic organ prolapse, vaginal laxity, menopausal advice, and treatment following hysterectomy or pelvic floor repair surgeries.

Specialist Upper Limb/Shoulder Our specialist Shoulder Physiotherapists have close links to the Shoulder Consultants here at RBFT and are pioneers of the service locally.

Musculoskeletal Physiotherapy

Specialist Lower Limb We have a wide variety of gymnasium equipment and ample floor space – this, in conjunction with the service of our specialist Lower Limb Therapists provides the optimum arena for lower limb rehabilitation. Our Specialist therapists have close links to the Orthopaedic Consultants specialising in Hip, Knee and Ankle surgery/conditions.