

# Sport & Physical Activity Rehabilitation Centre (SPARC)



Bolton-One, First Floor, Moor Lane, Bolton, BL3 5BN.  
Tel. No: 01204 90 3680, Email: clinic@bolton.ac.uk

## Price List 2022-23

### CLINIC CONSULTATIONS, SERVICES AND TREATMENTS

The Clinic currently offers the following:

Description	Price
<p><b>Assessment</b> Taking up to an hour, an assessment of your injury will be made by taking a history of your condition and carrying out a physical assessment. Treatment is also provided if appropriate.</p>	£30.00
<p><b>Treatment Session</b> Following your assessment, treatment sessions lasting approximately 30 minutes will be recommended as appropriate, and may include manual therapy, electrotherapy, and exercise prescription.</p>	£20.00

Following a consultation, the Clinic can offer the following:

Description	Price
<p><b>Acupuncture</b> Available to treat a variety of musculoskeletal conditions, (up to 1 hour).</p>	£25.00
<p><b>Electrotherapy</b> A variety of modalities that relieve pain and enhance healing.</p>	To be confirmed
<p><b>Hydro &amp; Aqua Therapy</b> Water based therapy to aid recovery, maintain strength and flexibility in a low impact activity - 1 hour session.</p>	£20.00
<p><b>Manipulation</b> High velocity mobilisation to restore normal movement.</p>	To be confirmed
<p><b>Massage</b> A therapeutic sports massage provided by our students concentrating on back, neck and either shoulders or legs. 30 minutes 1 hour <b>Note: Massage treatments are provided by our second-year and third-year students.</b></p>	£10.00 £20.00

## ADC CONSULTATIONS, SERVICES AND PERFORMANCE PACKAGES

The ADC is now part of SPARC and currently offers the following:

Physiological Services - Description	Price per Hour
<p><b>Body Composition Analysis</b> Skin fold assessment, providing information on body fat percentage. Hydrostatic weighing. Price per individual for a one-hour session.</p>	£40.00
<p><b>Body Composition Assessment – Teams</b> Hydrostatic weighing – team of up to 15 players. (Price per hour).</p>	£60.00
<p><b>Endurance Capacity</b> VO<sub>2</sub> Max Test, (treadmill running or cycling), Blood Lactate Threshold Test.</p>	£40.00
<p><b>Functioning Screening</b> A strength and conditioning coach and a chartered physiotherapist will identify and address potential weak areas, areas of muscle imbalance, and possible biomechanical inefficiencies.</p>	£40.00
<p><b>Nutrition/Dietary Analysis</b> A consultation involving a seven-day food diary analysis and feedback. An individualised healthy eating programme for fat loss, weight gain, or general wellbeing.</p>	£40.00
<p><b>Performance Package for Athletes</b> A series of tests to provide detail of Heart Rate Training Zones, (<i>not available as a stand-alone test</i>), including VO<sub>2</sub> Max Testing, (treadmill running or cycling), Blood Lactate Threshold Test.</p>	£120.00
<p><b>Physiotherapy</b> Initial Assessment Review/follow up</p>	£40.00 £30.00
<p><b>Power Endurance Anaerobic Capacity</b> Wingate Anaerobic Cycle Test. Sprinting Testing – Using Smart Speed (Fusion Sport) Technology – per individual.</p>	£40.00
<p><b>Power Endurance Anaerobic Capacity - Teams</b> Sprinting Testing – Using Smart Speed (Fusion Sport) Technology – team of up to 15 players. (Price per hour).</p>	£60.00
<p><b>Psychological Consultation</b> A one-hour long sessions that can be used to tackle or learn a host of psychological strategies, to enhance an individual's coping and performance skills within sport.</p>	£40.00
<p><b>3D-Motion Capture – Vicon System</b> 3D motion capture using the Vicon System Synchronised Ground Reaction Force Analysis (Kistler Force Plates). Walking/Running gait, or series of exercise performance assessments. Includes a summary report.</p>	£120.00

Strength & Conditioning Services - Description	Price
<p><b>Strength and Conditioning Fitness Programme</b>            An 8-12 week prescription - individual.            An 8-12 week prescription – Team of up to 15 people.            A tailored and periodised training programme, devised to enhance a person's or teams physical preparation for sport.</p>	£40.00 £120.00
<p><b>Sports Psychology – Psychological Consultation</b>            A one-to-one hour-long session that can be used to tackle or teach a host of psychological strategies to enhance an individual's coping and performance skills with sport.</p>	£40.00
<p><b>Injury Rehabilitation Programme</b>            Alter-G Anti-Gravity Treadmill Training and Rehabilitation - Single (30 minute) session.            Alter-G Anti-Gravity Treadmill Training and Rehabilitation – 10 sessions.            Physiotherapy – Initial Assessment            Physiotherapy – Review, treatment and follow up sessions</p>	£20.00 £180.00 £40.00 £30.00
<p><b>Field / Sport Specific Assessment – Individual</b>            This programme can include: Olympic Lifting or Weight Lifting Assessment, Sprinting, Agility, Vertical Jumping.</p>	£40.00
<p><b>Field / Sport Specific Assessment – Teams</b>            This programme can include: Olympic Lifting or Weight Lifting Assessment, Sprinting, Agility, Vertical Jumping, for teams of up to 15 people.</p>	£60.00

## ONLINE CONSULTATIONS

We can also offer online consultations. This can be for the initial consultation, followed by treatments, (online or face-to-face). For some treatment programmes, (e.g. exercise and strengthening plan), we can offer a mixture of remote and face-to-face appointments if this is more convenient for our clients.

## MEDICAL INSURANCE

We provide treatment to clients covered by major insurance companies. Patients may be able to claim back the cost of their treatment through their medical insurance policy. However, this must be checked with their insurers if they wish to claim. We currently do not hold any contracts with specific companies.

## BOOKING APPOINTMENTS

To book an appointment, please contact us at:

Tel. No: 01204 90 3680

Email: [Clinic@bolton.ac.uk](mailto:Clinic@bolton.ac.uk)