

Back Pain Clinic

Get from fearing back pain to moving with confidence at our
12 week GP led clinic

GP health
review

Scans
when
required

Back pain
exercise
specialists

Massage
therapy

Cognitive
behaviour
therapy

How the clinic works:

1 GP assessment

A medical assessment to identify the best treatments for your back pain and pre-existing medical conditions

2 Back pain evaluation

A comprehensive movement and psychological assessment to define your custom treatments

3 Custom treatment plan

GP led multi-disciplinary team plan your 12 week treatment schedule

4 6 week Foundation stage

Flexibility, strengthening, massage and Cognitive Behavioural Therapy treatments to reduce pain symptoms

5 6 week Active stage

Build back strength and stability to get active again so you are confident doing every day tasks and exercising

At the end of 12 weeks our goal is that you:

Can move well with
reduced pain

Can do more of
the things you
love doing

Know what to do to
prevent back pain

Search for us:



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Unit 23 St Peters Wharf, Newcastle Upon Tyne, NE6 1TZ



Back Pain Clinic

Pricing

1 GP assessment £120

2 Back pain evaluation

3 Custom treatment plan £275

4 6 week Foundation stage £600

5 6 week Active stage £405

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