

Price list – Toby Smith @ Bigg Performance

		Cost
Initial Physio Assessment – 1 hr		£60
Extended Assessment - 90mins		£75
Follow up physio ½ hour		£40
Movement and & Strength Diagnostics & Gait Assessment	<ul style="list-style-type: none"> • Movement screen • Optojump profile • CMJ, DJ, Repeated hops • Treadmill run @ different pace zones • Gait Analysis report with optojump and runscribe 	£85
Movement & Strength Diagnostics	<ul style="list-style-type: none"> • Movement screen • Optojump Assessment • CMJ (DL & SL), DJ (SL), (30 ankle hops) • Capacity testing (calf,HS bridge eg lower, plank, side paln) 	£70
Running Gait Assessment Assessment +Summary Report)	<ul style="list-style-type: none"> • Biomechanical Assessment • Optojump Gait Analysis • Runscribes analysis • 2D video analysis 	£60
Standard Gait retraining assessment with recommendations + 3 week and 6 week review)		£119
Premier Gait retraining (45min assessment and 5 weekly training sessions with feedback)		£218
Gym based rehab 1 hour		£50
Rehabilitation consultancy		POA
In field Biomechanical analysis		