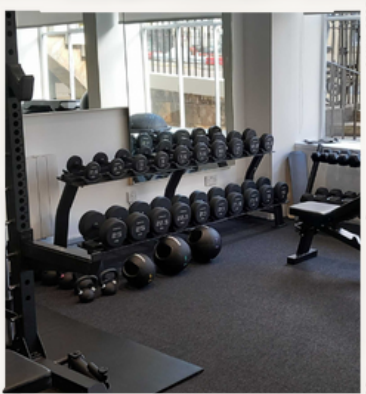


BOOK NOW



Injury Rehabilitation,  
Massage and Wellness Centre

0141 260 9062  
info@mdtherapy.uk



# Clinic Pricelist 2025



## MD SIGNATURE THERAPY

(see overleaf for details)

- **Initial Assessment** (45 minutes): **£75**
- **Advanced Muscle Recovery** (90 minutes): **£125**  
Infrared + Deep Tissue Massage + Compression Therapy
- **Full Body MOT** (90 minutes): **£195**  
Assessment + Manual Therapy + Mobility Exercises  
+ Personalised Exercise & Nutrition Plan

### Follow-Up Sessions:

- 30 minutes: **£49**
- 60 minutes: **£95**
- 90 minutes: **£139**

Signature Therapy delivered exclusively by  
Marc Dinardo, Advanced Sports Therapist

## PHYSIO & SPORTS THERAPY

- **Initial Assessment** (45 minutes): **£50**
- **Follow-Up** (30 minutes): **£40** | (60 minutes): **£65**
- **Acupuncture**: **£35** | **Sports Taping**: **£25**

## SPORTS MASSAGE

with Marc

- 45 minutes: **£65**
- 90 minutes: **£130**

with Sports Therapy team

- Neck, back, shoulders: **£45**
- 60 minutes: **£65**
- 90 minutes: **£95**

Block discounts available on packs of 3, 6, and 12 appointments

## FITNESS & PERSONAL TRAINING

- **Fitness Assessment**: **£35**
- **Injury Rehabilitation** (35 minutes): **£39**
- **1-to-1** (60 minutes): **£49** | **2-to-1** (60 minutes): **£65**

## HYPNOTHERAPY & NLP COACHING

- **Initial Assessment** (60 minutes): **£75**
- **Follow-Up Appointment** (45 minutes): **£65**

### OUR TRUSTED PARTNERS



juice  
plus+



BOOK YOUR ASSESSMENT TODAY



148 WEST REGENT STREET,  
GLASGOW, G2 2RQ



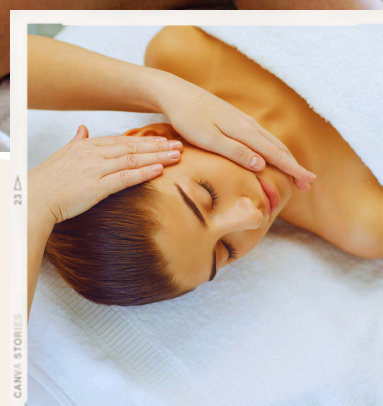
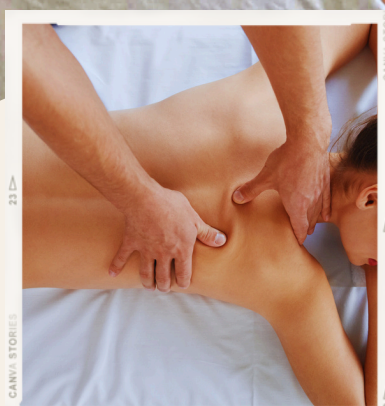
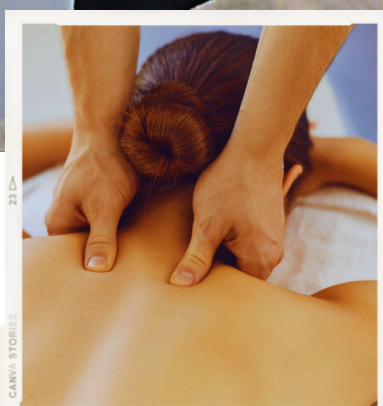
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MEMBER



# Discover

## MD

### signature Therapy

Unlock your body's potential with our exclusive **Signature Therapy** — an advanced, integrative approach designed to enhance mobility, reduce pain, and promote long-term healing.

Combining the best of **manual therapy, osteopathic spinal manipulation, deep tissue remedial massage, dynamic stretches, and targeted exercises**, **Signature Therapy** is tailored to meet the unique needs of athletes and individuals experiencing back pain, chronic health conditions, or injury.

- Enhanced mobility
- Muscle pain relief
- Accelerated recovery
- Improved circulation
- Athletic performance

- Better sleep
- Injury prevention
- Nervous system regulation
- Postural improvements
- Personalised treatment plan

# Packages starting from £195\*

\*includes initial assessment + 2x 60 minute treatments

BOOK YOUR ASSESSMENT TODAY



0141 260 9062



Marc Dinardo

Clinic Owner, Advanced Sports Therapist

148 WEST REGENT ST, GLASGOW, G2 2RQ



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