

Hand therapy

Our hands are a part of the body that we often take for granted. Over time, strain from posture, our jobs and activities such as sports can lead to problems that cause us pain or affect our everyday function. Hand Therapy involves a combination of physical and occupational therapy methods to treat and support a variety of disorders within the hand, from muscle and joint injury to conditions such as arthritis.

Providing you with fast and efficient hand physiotherapy

The first step is to book an appointment with an experienced Hand Therapist, who will be able to evaluate conditions affecting your hands and upper limbs to reach a diagnosis. Our team are here to provide advice around exercise and preventative care and will support rehabilitation if your muscles or joints are overexerted.

You may also be referred to hand therapy following a surgical procedure, to support your recovery by ensuring your post-operative care is as efficient as possible.

Prices & payment

The guide price is based on the usual clinical needs of patients. For more information, please see our terms and conditions.

Initial assessment & treatment plan
£75

Follow-up treatment
£45

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).



Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.