



Resolve

PHYSIOTHERAPY

NUTRITION AND SCANNING MENU

FULL NUTRITION CONSULTATION

£275.00

Full nutritional consultation to help support you towards a new goal. This could be; training for a specific event, to gain, loose or maintain a certain weight and/or body composition.

The assessment consists of gaining insight as to where you are now by analysing your current; diet, lifestyle and exercise habits. We will conduct a full body composition analysis using state of the art ultrasound technology, triangulated with other key analyses to determine your exact lean mass and body fat measurements.

After your consultation, your bespoke plan will created and emailed to you.

FOLLOW UP NUTRITION CONSULTATION

£75.00

A follow up consultation scheduled for 6 weeks following your initial meeting. 6 weeks is key here as it is shown in the most current literature that this is the period of time it takes for lean muscle mass changes to take place and sustainable weight loss changes to be seen.

At your follow up appointment an up to date body composition scan and measurements will be taken. Amendments to your plan will be made and you have the opportunity during the 30 min follow up to discuss and queries you may have.

BODY COMPOSITION SCANNING

£35.00

Ultrasound Scan to Accurately Measure; Fat Thickness at 7 sites, Overall Body Fat Percentage and Lean Mass

Scan only – Feedback on results but no advice

£35.00

3 x Scans – Feedback on results but no advice

£99.00

Scan – Kcal and Macro Calculations – Summary Feedback

£75.00

3 x Scans and Kcal/Macro calculations – Summary Feedback

£200.00

Important to note – if you are looking for more detailed, nutrition, supplement, dietary advice you will be better suited to the full nutritional consultation outlined above.

MUSCLE HEALTH SCAN

£199.00

Measures Bilateral muscle size and glycogen status (muscle fuel) of key muscle groups relevant to sport or condition in question. Providing insight into capacity to store energy, current fuel status and feedback on how this relates to current symptoms and/or performance.

FULL NUTRITION CONSULTATION AND MUSCLE HEALTH SCAN

£399.00