



Pricing and Conditions

Osteopathy and Sports Physical Theraphy

Dr. Ricardo Salvador, Dra. Ana Moreira e Dr. Vasco Oliveira

First Appointment **60€**

*Any appointment scheduled more than 3 months after the previous one is considered a first consultation, except in cases advised by the professionals.

Follow up Appointment **50€**

Urgent Appointment **+10€**

*For consultations outside of the clinic's normal business hours.

10 session PACKS **390€**

*This package is exclusive to physiotherapy services and will be recommended, if necessary, after the initial assessment and for cases requiring 2 or more sessions per week.

Sports / Therapeutic Massage

Dr. David Drew

One Hour Session **60€**
Full body or by request

Last Update January 2026





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Pélvic Physiotherapy / Clinical Pilates

Individual session 55€

5 Session PACK 225€

*This package is exclusive to individual Clinical Pilates sessions and will be recommended, if necessary, after the initial assessment. The first consultation may be included in the package price.

Pilates in Pairs "5-class pack" 390€

195€ per student (39€ per lesson)

Mat Pilates group classes

Monthly fee 1x/week 60€

Monthly fee 2x/week 95€

We offer a trial class

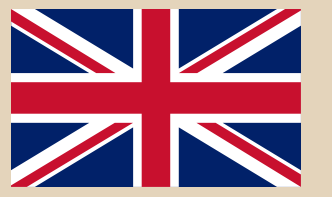
Group classes for 2 to 5 students, fixed schedules, registration at the end of the month.

Respiratory Physiotherapy

5 Session PACK 225€

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Integrated Programs in Osteopathy, Sports Massage, and Pilates on Machines

In partnership with the MOOW PILATES studio

Assessment & Adaptation Program (280€)

Duration: up to 4 weeks

- 1 clinical session (Osteopathy or Sports Massage)
- 4 Pilates sessions on machines
- 1 pressotherapy session (included in the program)

Treatment & Consolidation Program

Option A – Movement & Stability

- 2 clinical sessions
- 8 Pilates machine sessions
- 2 pressotherapy sessions (included in the program)

Option B – Clinical Intervention & Recovery

- 4 clinical sessions
- 4 Pilates machine sessions
- 4 pressotherapy sessions (included in the program))



For more information or to schedule
your program, contact:
www.osteosalvador.pt
www.moowpilates.com

