

Back To Your Feet

Osteo- path To Well Being

Terms & Conditions –

Osteopathy

Revive & Restore Plan, The Renew & Connect Plan,

Optimise Program & Elevate Membership,

Gait Analysis

Stride & Strength Plan,

Master Your Movement Program.

Stride For Life Membership

By signing up for one of our **plans, memberships or programs**, you agree to the terms outlined below.

1. Plans

☐ Revive & Restore Plan: £195

- Includes **three follow-up sessions** within a **six-week priority window** to ensure effective recovery.
- A **personal introductory exercise program** designed to support your rehabilitation and mobility.
- **Lifestyle advice** to enhance overall well-being.
- A **warm-up video** to help you prepare your body for movement and prevent stiffness on a daily basis.

☐ The Renew & Connect: £380

- Includes **six follow-up sessions** within a **twelve-week priority window**, providing comprehensive support for maximum recovery and long-term results.
- A **personalized exercise prescription**, including both introductory and progression exercises tailored to your needs.
- **Lifestyle advice** to help sustain progress and prevent future discomfort.
- A **warm-up video** to aid mobility and flexibility.

2. Memberships

☐ Optimise Plan:

£396 Six Osteopathic Follow Ups (30 mins) over 10 months.

- Designed for **long-term maintenance and injury prevention**, offering **six osteopathic treatments per year**.
- Appointments spaced approximately **every 6-7 weeks** over **10 months** to help maintain **optimal physical function, mobility, and well-being**.
- Ideal for individuals who want to **stay ahead of potential issues** and support overall body resilience.

☐ Elevate Plan:

Twelve Osteopathic Appointments (30 minutes) Per Year

£756 = £63 per month for 12 months 12)

- A more **intensive support plan**, including **twelve follow-up treatments per year** to provide **ongoing care and rehabilitation guidance**.
- Focuses on **prevention, recovery, and functional improvement** for those who require extra assistance in maintaining their health.
- Includes **rehabilitation advice and guidance**, plus **access to exclusive online resources** featuring the latest rehab exercises, wellness tips, and expert advice.

Gait Analysis Plans

☐ Stride & Strength Plan - £240

- Includes a **full gait analysis**, assessing movement patterns, imbalances, and inefficiencies.
- **Three follow-up sessions** within a **six-week priority window** to ensure implementation of corrections, improve gait mechanics, and optimise function.
- A **rehabilitation and movement program** tailored to your specific needs for enhanced stability, efficiency, and pain-free movement.

☐ Master Your Movement Program - £460

- A **comprehensive gait analysis package**, providing a deep understanding of **how and why you move the way you do** and how to optimise function.
- An opportunity to go through your **detailed gait report** identifying movement inefficiencies and a **structured plan to overcome them**.
- **Six follow-up sessions** within a **twelve-week priority window**, ensuring **progressive individual correction and long-term improvement**.
- A **personalised rehabilitation and optimisation plan**, designed to help you achieve your **best function, mobility, and performance**.

Stride For Life Membership - £600 - £50 per month over 12 months

- **8 appointments per year - Gait/ Osteopathy/ Body Rehabilitation – You choose**
 - **Longer appointment times – 45 minutes per appointment.**
 - Designed for **long-term maintenance and injury prevention**, offering **six osteopathic treatments per year.**
 - Appointments spaced approximately **every 6-7 weeks** over 12 months to help maintain **optimal physical function, mobility, and well-being.**
 - **10% off additional Pay As You Go Osteopathic Appointments**
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Terms & Conditions

1. Plan & Membership Agreement

- 1.1. By signing up for a package or membership with **Back To Your Feet** ("the Company," "we," "us"), you enter into a binding contract and agree to adhere to the terms outlined herein.
- 1.2. Packages and memberships are non-transferable and must be used by the named individual only.
- 1.3. Package sessions must be used within their designated time frame (6 weeks for Revive & Restore, 12 weeks for Revitalise Plan).
- 1.4. Membership sessions are designed for **ongoing maintenance and injury prevention** and must be used within the allocated year.
- 1.5. Fees for packages and memberships are non-refundable, regardless of attendance.

2. Payment & Billing

- 2.1. Payments must be made via direct debit or card payment at the time of registration.
- 2.2. Your payment details will be securely processed in line with **PCI compliance regulations**, and this document will be destroyed securely once your initial payment has been processed.
- 2.3. Monthly fees for memberships will be charged automatically on the agreed payment date each month.
- 2.4. If payment fails, you will be notified and required to update your payment details within 7 days to maintain access.

3. Appointment Attendance & Rescheduling

- 3.1. If you need to cancel a session, you must provide **at least 24 hours' notice** to reschedule. Late cancellations will result in the session being forfeited.
- 3.2. Package sessions must be used within the designated time frame; unused sessions cannot be carried forward beyond the package period.
- 3.3. Membership sessions must be used within the membership year; unused sessions cannot be rolled over.

4. Membership Cancellation & Renewal

4.1. Your membership will automatically renew on a rolling monthly basis after the **initial 3-month commitment** unless you provide written notice to cancel.

4.2. If you do not wish to renew after the first 3 months, you must provide **written notice no later than 9 weeks after your start date**.

4.3. After the initial 3-month period, you may cancel at any time by providing **one month's written notice**.

4.4. Membership cancellations must be requested in writing via email to **[insert email address]**.

4.5. If payment has already been processed for the month of cancellation, no refunds will be provided. Your membership will remain active until the end of that billing cycle.

5. Data Protection & Communication

5.1. By signing up, you consent to receiving emails and communications from us regarding:

- Exercise tips and advice
- Clinic updates and news
- Exclusive offers and promotions

5.2. Your personal data will be handled in accordance with our **Privacy Policy**, available at reception or on our website.

5.3. We will never share your data with third parties without your consent.

6. Health & Safety Disclaimer

6.1. By participating in our treatments, classes, and services, you confirm that you are medically fit and able to take part. If you have any medical conditions, please consult your healthcare provider before beginning any new exercise program.

6.2. The Company and its staff are not liable for any injuries sustained during participation in sessions or treatments.

Declaration & Agreement

By signing below, I confirm that I have read, understood, and agree to the **Terms & Conditions** stated above. I understand that my package must be used within the designated time frame and that my membership will run for a minimum of 3 months, after which it will automatically transition into a rolling contract unless I provide the necessary cancellation notice.

Signature: _____

Date: _____
