



www.grudniewscy.pl

Praga-Południe Center

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— PRICE LIST effective from January 1, 2026 one-time treatments and vouchers

Service	Duration	Price
Physiotherapeutic consultation	30 min	140 PLN
Individual physiotherapy	30 min	140 PLN
Individual physiotherapy	60 min	240 PLN
Therapeutic massage / Manual therapy of the spine	60 min	240 PLN
Spine massage for pregnant women	30 min	140 PLN
Sports massage for professionals and amateurs	60 min	240 PLN
Classic holistic massage	60 min	240 PLN
Kinesiotaping, medical taping (1 application)	5-15 min	70 PLN
Personal training with a physiotherapist for adults	45 min	180 PLN
Anti-cellulite chinese cupping massage – legs and buttocks	30 min	140 PLN

BUY PACKAGE AND SAVE

- Individual physiotherapy 60 min x 5 visits = 1.150 PLN
- Individual physiotherapy 30 min x 10 visits = 1.300 PLN
- Individual physiotherapy 60 min x 10 visits = 2.200 PLN
- Therapeutic massage / Manual therapy of the spine 30 min x 10 visits = 1.150 PLN
- Therapeutic massage / Manual therapy of the spine 30 min x 10 visits = 1.300 PLN
- Therapeutic massage / Manual therapy of the spine 60 min x 10 visits = 2.200 PLN
- Sports massage 60 min x 10 visits = 2.200 PLN
- Spine massage for pregnant women 30 min x 10 visits = 1.300 PLN
- Classic holistic massage 60 min x 10 visits = 2.200 PLN
- Anti-cellulite massage 30 min x 10 visits = 1.300 PLN
- Personal training with a physiotherapist for adults 45 min x 10 visits = 1.700 PLN

The center does not charge fees for the photocopying of the Patient's medical records.