THE MARKET / A PRICE SNAPSHOT

Physio Cost in Christchurch

Published physiotherapy fees of 10 Christchurch clinics, with and without ACC, five-visit totals, concessions and 813 Google reviews on 20 clinic profiles. Checked on 18 November 2026.

ACC FIRST VISIT
$50 to $72
Surcharge on top of what ACC pays; follow-ups $40 to $62. No GP referral needed. [1] [2] [3] [4] [5] [6]

PRIVATE FIRST VISIT
$80 to $150
No ACC claim; follow-ups $78 to $150. [1] [2] [3] [4] [5] [6]

FIVE VISITS WITH ACC
$210 to $310
One assessment and four follow-ups; privately $400 to $750. SEO4 estimate. [8]

What the data shows

10 of the 20 most-reviewed physio profiles in Christchurch publish fees, plus APM. Only one, Body Wise Health, says whether GST is included. Four list concession rates. [1] [2] [3] [4] [5] [6] [7]

813 Google reviews: 244 in the last 12 months, 79 answered. 78 mention a price or fee; 4 of 40 low reviews are about money (surcharge size, late-cancellation charges). [8]

Method. We read clinic websites and fee pages, Google's AI Overview and every Google review on 20 Christchurch profiles. No clinic was asked for a quote. [8]

01 / FEE LISTS

Ten published fee lists

Per visit. ACC = surcharge you pay on top of ACC's share.

Clinic	ACC first	ACC follow-up	Private first	Private follow-up
Shirley St Albans Physio	$50	$40	$95	$95
Performance Physio (Bryndwr)	$50	$40	$95	$95
APM Christchurch	$50	$40	$120	$90
Performance Plus Physio	$53	$47	$85	$85
Halo Health Physio	$55	$45	$80	$80
Physio Clinicians Christchurch	$62	$62	$140	$95
Fixed Sports Physio	$65	$55	$150	$150
Christchurch Physio & Sports Clinic	$66	$55	$132	$115
Four Physio and Health	$68	$58	$120	$100
Body Wise Health (GST incl)	$72	$55	$125	$78

Habit Health (national list) prices by physio level: ACC $45 to $70, private $85 to $105. Christchurch Physio & Sports Clinic principal: $80 / $68 ACC, $165 / $132 private. [1] [7]

02 / A COURSE OF TREATMENT

Five visits, two prices

One assessment and four follow-ups, SEO4 estimate from published fees.

Clinic	With ACC	Private
Halo Health Physio	$235	$400
Performance Plus Physio	$241	$425
Body Wise Health	$292	$437
Shirley St Albans Physio	$210	$475
Performance Physio (Bryndwr)	$210	$475
APM Christchurch	$210	$480
Four Physio and Health	$300	$520
Physio Clinicians Christchurch	$310	$520
Christchurch Physio & Sports Clinic	$286	$592
Fixed Sports Physio	$285	$750

Your physio decides how many visits you need. With ACC, ACC pays the rest of each visit. [9]

03 / CONCESSIONS AND RULES

Discounts, cancellations, ACC

What the clinics' own pages say.

Item	Detail	Src
Body Wise Health, CSC or student	ACC $52 / $42, private $90 / $63	[2]
Shirley St Albans, students or unemployed	ACC $45 / $35, private $80	[3]
Performance Plus, CSC or SuperGold	ACC $48 / $43, private $80	[4]
Halo Health, students and seniors	ACC $50 / $40, private $75	[5]
Late cancellation or no-show	$40 (Body Wise); full fee (Habit)	[2] [7]
Unpaid bills	$10 a month (Christchurch Physio)	[1]

Rule	Detail	Src
ACC claim	Accident injuries; the physio can lodge it, no GP referral needed	[3]
Co-payment	Allowed since November 2009, when ACC cut physio payments by about a third	[10]
Not covered	Wear and tear, arthritis, conditions you were born with: private fee	[3]

04 / REVIEWS AND WHO TO CALL

813 reviews

Every Google review on 20 Christchurch physio profiles, 18 November 2026.

Three clinics to call first

Average 4.8+, 20+ reviews, ACC and private fees online, at least half of last year's reviews answered; ranked by new reviews.

Clinic	Phone	Average, reviews	New (answered)
1. Halo Health Physio	022 088 5967	5.0, 42	42 (21)
2. Four Physio and Health	03 390 5895	5.0, 47	19 (15)
3. Body Wise Health	020 454 0144	5.0, 22	12 (11)

SEO4 Price Score

Clinic	Score	Clinic	Score
Body Wise Health	15/16	Physio Clinicians	7/16
Halo Health Physio	11/16	Christchurch Physio / Habit	6/16
Four Physio and Health	9/16	Sports Clinic / Physio NZ	4/16
Fixed Sports Physio	9/16	Performance Physio (Bryndwr)	4/16
Performance Plus Physio	9/16	Health and Sport Central	3/16
Shirley St Albans Physio	9/16	Six others	0 to 3/16

None of these clinics are SEO4 clients. A public snapshot from 18 November 2026, written in good faith; the score says nothing about the quality of physiotherapy. [8]

05 / HOW TO PAY A FAIR PRICE

Ask before the first visit

Physio fees compare only when you know the funding route and the appointment length.

Five questions on the phone
Can my injury be an ACC claim? What is your ACC surcharge for the first visit and follow-ups? What is your private fee and how long is each appointment? Is GST included? Do you have a concession rate, and what does a late cancellation cost?

Work out your own course of treatment with the free calculator in the full article: **seo4.co.nz/blog/physio-cost-christchurch**. Clinics that want a clearer fee page can contact SEO4 at seo4.co.nz/pricing-contact.

Sources

[01] Christchurch Physio & Sports Clinic · FAQ
[02] Body Wise Health · pricing
[03] Shirley St Albans Physio · fees
[04] Performance Plus Physio · fees
[05] Halo Health Physio · prices
[06] Four Physio · physiotherapy
[07] Habit Health · physio fees
[08] SEO4 · full article and calculator
[09] Fixed Physio
[10] ACC co-payments, 2009 (Scoop)
[11] APM · physiotherapy
[12] Physio Clinicians