FOOTBALL FIT
REHABILITATION

CALL OR WHATSAPP
07984 633 716

Book

RETURN TO FOOTBALL PROGRAMMES

Don't miss another Saturday.

Football injury rehab for non-league players in Birmingham and Sutton Coldfield. Get assessed, treated and on a plan the same day, then get back out there stronger.



Matt Royal
Founder & sports therapist

STAGE 1 · START HERE

Injury assessment, consultation & rehab kickstart

Full assessment, treatment in the same session and your rehab plan, ready to start the same day.

£95
one appointment

STAGE 2 · CHOOSE THE PROGRAMME THAT FITS

	FULL PROGRAMME **Premium return to football** 16 weeks	**Basic return to football** Phase one · 8–10 weeks
	An evidence-based programme that pays attention to the fine details, to get you back as soon and as safely as possible.	An evidence-based programme to get you back to football as soon and as safely as possible in 8–10 weeks.
PHASE ONE: REHABILITATION	✓	✓
Weekly 1-to-1 or group rehab sessions	✓	✓
WhatsApp access to the team	✓	✓
Home exercise app (MoveHealth)	✓	✓
Pitch access for football-specific rehab	✓	✓
Injury screening with VALD every two weeks	✓	✓
PHASE TWO: PREHAB (S&C AND FITNESS)	✓	×
Monthly player profile and performance testing	✓	×
Monthly sports massage	✓	×
Two monthly follow-ups after the programme	✓	×
Pay in full	**£995** save £500	**£695** save £300
Payment plan	£795 deposit + 2 × £350 £1,495 total	£495 deposit + 2 × £250 £995 total

Klarna. Prefer to spread the cost? You can pay with Klarna. Ask us at your assessment.

Start with Stage 1: your £95 assessment. No referral needed.

Book online →

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HOW IT WORKS

From injured to back in the squad

1

Assessment

We find out how bad it is and what's around it. You're treated and handed your rehab plan the same day.

2

Rehab

Back to basics, build the foundation, get functional, then advanced work and football-specific drills.

3

Prehab

Strength, power and match fitness to cut your risk of getting injured again. This is where players get the best results.

WHEN ARE YOU READY TO PLAY?

The return-to-play checklist

- ✔ No pain in daily life or in training
- ✔ Strength close to your other leg, measured on VALD in newtons
- ✔ Back into non-contact football training with no reaction
- ✔ A full week of football training without a flare-up
- ✔ Full, free movement compared with the other side
- ✔ Hopping, sprinting and changing direction at match speed without pain
- ✔ Progressed into contact training, again with no reaction

FROM THE DRESSING ROOM

"Had a long-lasting hamstring injury that kept coming back. Matt has helped me get back to where I want to be."

C. Gumbley
Hampton FC

"Matt personalised a program for me, transitioning me from gym to pitch sessions."

K. Hart
Sutton Utd FC

"Recurring knee injury from previous surgery. He goes above and beyond every session."

R. Staley
Knowle FC

PICK YOUR GROUND · SCAN TO BOOK

BIRMINGHAM · SHELDON

Willclare Fitness Club

B26 2NX · Matt Royal & Corey Leslie. Full gym, outdoor area and pitch access for return-to-play work.

Book assessment →

Scan to book

SUTTON COLDFIELD

Sutton Utd FC

Coleshill Road, B75 7BA · Sinead McElwaine. Initial assessment and the pathway into rehab for local players.

Book assessment →

Scan to book

Don't let one injury cost you the season.

The sooner it's assessed, the sooner you know how long you're out. Book Stage 1, your £95 assessment, and we'll talk you through the programme that fits.

Book an assessment (£95)

or call / WhatsApp Matt
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