

First contact **PHYSIOTHERAPY** **APPOINTMENTS FOR** **MUSCLE AND JOINT** **PROBLEMS**



Did you know?

...almost a quarter of people coming in to the practice to see a GP with a new condition have a muscle or joint problem?

You can now get an appointment with a physiotherapist without having to see a GP first, and the physiotherapist will examine and assess your condition, diagnose, advise, treat and if it is needed, they can refer you to the most appropriate service.

Who can use the service?

Ask the receptionist about the **first contact physiotherapy service** when you are making your appointment. To access this service you need to be aged over 18 years and have one of the following conditions:

- **Back pain**
- **Neck pain**
- **Elbow, wrist or hand pain**
- **Hip, knee or ankle pain**
- **Shoulder pain on movement**



What happens if I am offered this service?

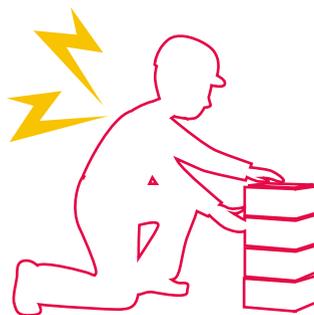


You will usually be offered an appointment at one of the participating practices on a weekday evening or Saturday morning. The appointment will involve an **assessment** lasting up to 30 minutes by an experienced physiotherapist.

Information about your condition and treatment plan will be recorded in your health record for your GP to see.

Most people who use this service need no further follow up, however, you may be asked to return for one follow up appointment should this be required. If you do need a course of physiotherapy, you will be referred directly to your local physiotherapy department. Likewise, should your condition require a referral to another service, the physiotherapist can arrange for this to happen.

What if my condition cannot be treated by the physiotherapist?



The service is not suitable in the following cases:

- If you are feeling generally unwell
- If you are under 18 years of age
- If you have chest pain or abdominal pain
- If you have a serious mental illness or have a history of substance misuse

If the physiotherapist is in any doubt about your health, they may advise and arrange a visit back to your GP.