## First Contact Physiotherapy

Seeing a Physiotherapist first instead of your GP could be right for you

Do you have a muscle, back or joint problem?



Call your GP Practice Reception



You will be asked if you would be happy to be seen by a First Contact Physiotherapist



## **YES**

Book the first available appointment with the Physiotherapist - This may not be in your own practice.



## NO

Book an appointment to see a GP

The Physiotherapist can:

- Assess You and diagnose what's happening
- Give expert advice on how best to manage your condition
- Refer you on for further treatment, investigations or to specialist services if required









For Advice & Self care

Information

Visit www.nhsinform.co.uk/msk Or call 0800 917 9390