

Do you think you need to see a Physiotherapist?

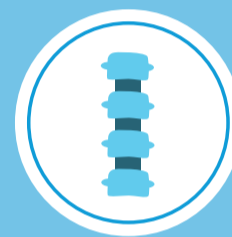
Did you know all adults (16 years and over) with spinal, muscle, joint and tendon pain can see a Specialist Musculoskeletal Physiotherapist **without the need to see a GP first?**

Musculoskeletal Physiotherapists want to see adults with:

Sciatica	Neck pain	Osteoarthritis pain	Sports injuries
Knee pain	Ankle injuries	Shoulder pain	Tendonitis
Muscle strains	Repetitive strain injuries	Low back pain	
Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness			

Musculoskeletal Physiotherapists are not able to see adults with the following problems:

Feel unwell / ill	Chest pain	Red / hot swollen joints
Infection	Gout	Medication reviews
Need medical management of a problem such as Rheumatoid arthritis.		
Housebound - as we cannot provide home visits		



Need a physiotherapy appointment?

Consider self help options available at keepingmewell.com or you can consider the options below

Physiotherapist based in GP practice hub

One off consultation ideal for those that want a diagnosis but feel confident to try and self-manage with the correct advice and exercises.

Provide brief advice and exercises to promote self-care, work, and wellbeing.

Up to 20 minute time slots during GP hours

Provide specialist examination and diagnosis

Shared decision making regarding management

Able to refer to other specialties or for investigations if required

Book a physiotherapist appointment via the GP receptionist.



Other Specialist Physiotherapy services

Do you have a Neurological or Respiratory (breathing) condition and think you need Specialist Physiotherapy?

Are you housebound and think you need a home visit?

Do you need to see a Specialist Women's Health Physiotherapist including antenatal or postnatal?

Are you under 16 years of age and think you need to see a physiotherapist?

If you answer **YES** to any of the questions, you can find up to date information on the keepingmewell.com physiotherapy page.

Or **book an appointment with your GP** to discuss a referral.