

## Your care navigator recommends: [Physio First](#)

**Who is the service for:** Any patient registered with our GP practice that would like a direct appointment with a physiotherapist without having to see the GP first.

**Details:** Our practice offers short 20-minute physio appointments. You will have a brief assessment, advice and signposting for the problem you have.

If the physiotherapist thinks that you need further investigation, medication, referral or treatment, he/she will send a message to the GP for you so that in most cases, a separate appointment with the GP is not required.

Any further assessment or treatments that your physiotherapist thinks you might need will be referred to your GP to arrange.

If you are otherwise well, the physio can see you about the following problems:

- Back pain
- Spinal pain
- Neck pain
- Pain in the elbow, wrist or hand
- Shoulder pain on movement
- Pain in the hip, knee or ankle

**Contact:** Call the GP practice on the usual number and ask to see the physio.

**Further information:** We hope this information is useful and helps to solve your query. If it doesn't, please get back in touch with us at the practice so we can help you further.