

Would you like to live a more active life?

Moving and being active has so many benefits for our physical and mental wellbeing

<https://www.youtube.com/watch?v=wWGulLaa000>

You may be wondering what the right level of activity is?

This can vary from person to person but generally something is better than nothing, and consistency is key



Click on the link below for NHS physical activity guidelines, exercise tips and fitness guides:

<https://www.nhs.uk/live-well/exercise/>

Remember, you should start any new activity gently and progress it gradually

https://www.youtube.com/watch?v=H1rp_v4Dr3g

National Exercise Referral Scheme (NERS)

Are you interested in attending regular subsidised and supported physical activity at your local leisure centre? Self-refer on the link below:

<https://www.wlga.wales/national-exercise-referral-scheme-ners>

Dewis Cymru

For information on activities happening in your local area

<https://www.dewis.wales/>

NHS Links

<https://www.nhs.uk/better-health/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

First Contact Physiotherapist (FCP)

Did you know that your surgery has its own Physiotherapy clinic that you can book directly into by speaking to the reception staff?

If you have a new or longstanding joint or muscle problems and want advice and information on how best to manage your symptoms or if you feel ready to be more active and want to discuss your options book an appointment today.

TELL US WHAT MATTERS TO YOU

During your healthcare conversation, ask these 3 questions and anything else that matters to you.

Together we can make the best decisions. Tests and treatments aren't always needed.



Click the link to download the leaflet (PDF)



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ASK 3 QUESTIONS

1



What are my options?

2



What are the benefits and risks?

3



What can I do to help myself?

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	Self-referral to Outpatient Physiotherapy
One off consultation ideal for those that want a diagnosis but feel confident to try and self-manage with the correct advice and exercises.	Likely to need more intensive Physiotherapy support with follow up appointments (will best suit existing/persistent problems)
Provide brief advice and exercises to promote self-care, work, and wellbeing.	Structured Rehabilitation including one on one physiotherapy sessions, exercise classes, advice sessions.
Up to 20 minute time slots during GP hours	Longer time slots with wider availability of appointment times
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.	Self-refer to Physiotherapy Telephone 029 203 35717 or fill out a self-referral form on Keeping Me Well Website Physiotherapy page

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.

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Keeping Me Well

Visit Cardiff and Vale University Health Board's new digital rehabilitation resource with information you can access to help keep yourself well.

<https://keepingmewell.com/what-is-physiotherapy/self-help/>

TRAK Physio

Visit TRAK Physio to find exercises for specific body regions and musculoskeletal conditions

<https://trakphysio.org.uk/ExercisePlan/ExerciseLists>

Versus Arthritis

Further information on managing symptoms related to arthritis

<https://www.versusarthritis.org/>

We Are Undefeatable

Being active while managing any long-term health condition

<https://weareundefeatable.co.uk/>