

Do you think you need to see a Physiotherapist?

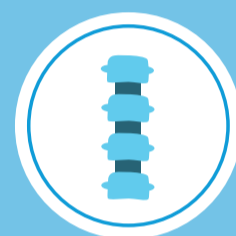
Did you know all adults (16 years and over) with spinal, muscle, joint and tendon pain can see a Specialist Musculoskeletal Physiotherapist **without the need to see a GP first?**

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.