

First Contact Physiotherapists



Suitable for

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| • low back pain | • frozen shoulder |
| • sciatica | • tendonitis |
| • neck pain | • muscle tears |
| • osteoarthritis joint pain | • sports injuries |
| • whiplash | • wrist/hand pain |
| • ankle sprains | • groin strains |
| • elbow pain | |

Not Suitable for

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|---------------------------|
| • Under 18 year olds |
| • Chest Pain |
| • Rheumatoid conditions |
| • Headache |
| • Gout |
| • Hot Red Swollen joints |
| • Women's Health Problems |
| • Breathing difficulties |

Patients requesting painkillers and fit notes can still be seen by the Physiotherapist who will discuss/arrange this with their GP after they have been assessed.

The physio will:

- **Assess you** and diagnose what's happening
- **Give expert advice** on how best to manage your condition
- **Refer you on** to specialist services if necessary.