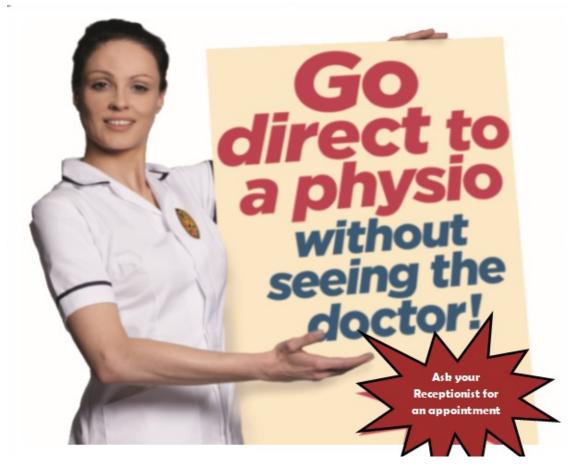
First Contact Physiotherapists



Suitable for

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

Not Suitable for

- 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.



