



Do you have a sprain, strain, muscle pain, joint pain and stiffness or back pain?

You could see a Specialist Physiotherapist instead of your GP

The Specialist Physiotherapist will assess you and suggest the most appropriate way to help you. They can also give you advice about any further investigations or treatment, if you need them, or refer you to other services.

The physiotherapist could help you with:

Joint pain	Shoulder pain	Tendon problems
Muscle pain	Sports Injuries	Foot pain/arch pain
Neck pain	Soft tissue injuries	Tennis elbow
Back pain	Osteoarthritis	Knee problems
Trapped nerves	Sciatica	Hand/wrist problems

If you feel that you could benefit from seeing the Physiotherapist instead of a GP for your problem you can book an appointment at reception or call 01249 444343.

You may need to describe the problem to ensure that the physiotherapist is the right person for you to see.