

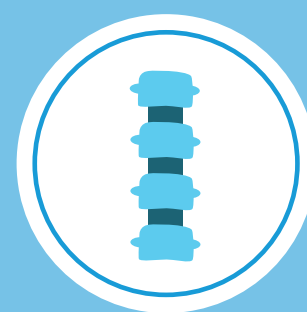
# Care navigation

## Who can you book into the First Contact Physiotherapy clinics?

All adults (16 and over) with a **new or recent flare up** (within the last 2 weeks) of spinal, muscle, joint and tendon pain can be booked into the Physiotherapy clinic to be seen by a Specialist Physiotherapist **without the need to see a GP first**.

### All appointments are available for same/next day booking

If they fit the criteria but clinics are full please book them with a GP instead. Do not ask them to call back or hold a waiting list to see the physiotherapist.



### First contact Physio criteria:

#### We want to see adults with:

- Low back pain
- Sciatica
- Neck pain
- Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness
- Osteoarthritis pain
- Sports injuries
- Ankle injuries
- Shoulder pain
- Knee pain
- Tendonitis
- Muscle strains
- Repetitive strain injuries
- This list is not exhaustive but if you are unsure please ask one of the Physiotherapists and we can advise you.

#### We are not able to see:

- children (under 16 years)

#### Please do not book in anyone who is / has:

- unwell / feel ill.
- Chest pain
- Red / hot swollen joints
- Infection
- Gout
- Housebound - as we cannot provide home visits.
- Acute mental health crises
- Medication reviews.
- Headaches without neck pain.
- Need medical management of a problem such as Rheumatoid arthritis.
- Those requesting help for a neurological or respiratory problem are not suitable for this musculoskeletal service

The specialist Physiotherapist can help arrange prescriptions, investigations such as x-rays, injections and fit notes as needed.