



A GUIDE TO PRIMARY CARE



PHYSIOTHERAPY MUSCULOSKELETAL (MSK)



For more information
on Primary Care
services please scan:

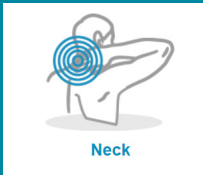


Physiotherapy Musculoskeletal (MSK)



Conditions affecting joints, bones and muscles are known as Musculoskeletal conditions.

They can often benefit from good self care and management.



Scan the QR code for helpful information and advice.



Should patients require further support, Physiotherapists can provide expert advice and assessment for a range of conditions including:

- Improving movement & strength
- Returning to sport after an injury
- Rehabilitation after an operation



The Physiotherapist will talk to you about the impact these problems are having on your life and ways that can aid recovery and guide you to achieve your goals.

Appointments are available face to face, by telephone or by video appointment.

You can access the Physiotherapy service by self-referral.



Self referral forms can be completed online by scanning

Access larger print and alternative formats at: enquires@yourvoice.org.uk

