

First Contact Physiotherapist

You can now call the surgery and see a First Contact Physiotherapist (also known as an Advanced Practitioner Physiotherapist) without the need of an initial GP appointment.

Our First contact physiotherapist is able to assess, diagnose and advise on a huge range of musculoskeletal symptoms and conditions such as Whiplash, sciatica, Knee pain, sprained ankles, pins and needles, neck pain, osteoarthritis, carpal tunnel syndrome, Low back pain in essence any pains or symptoms related to a muscle, joint or ligament problem our in house specialist physiotherapist will be able to see you without a GP appointment.

This service is not a treatment service although you may be advised on some exercises that may help with your condition and if deemed appropriate further treatment or investigations can be arranged following the assessment.

This new and exciting service will improve the management of musculoskeletal problems by seeing a specialist at first contact without the need of lengthy waiting times.

So if you have any concerns with muscles, joint or ligament pains please call the surgery today.

Questions and answers

Q: Can I have treatment in the surgery for my low back pain such as a massage?

A: *You will be able to receive an in depth assessment of your low back pain and management advice. The service is not a treatment service and if treatment is required then this can be arranged following the assessment*

Q: Do I need to wear sports kit?

A: *You do not need to wear sports kit but is advised to wear something that you are comfortable in moving and the body area involved with usually need to be seen to be assessed thoroughly.*

Q: I have Sciatica surely I need to see a GP?

A: *All conditions involving joints, muscles and ligaments can be seen by the First Contact Physiotherapist including sciatica.*

Q: What if I need pain relief?

A: *Our first contact physiotherapist cannot prescribe medication at present. However, if you require a pain relief prescription it is possible for our specialist to speak with one of our GPs with the majority of the time not needing to see the GP first.*

Q: I think my knee is infected can I see the first contact physiotherapist?

A: *If you think your knee or any joint is infected you will need to see a GP as you may require antibiotics*