

# ***Bone, joint or muscle pain?***

## ***The First Contact Physiotherapist will...***

- ***Assess you*** and diagnose what's happening
- ***Give expert advice*** on how best to manage your condition
- ***Recommend*** exercises and other approaches to deal with the issue
- ***Refer you on*** to specialist services if necessary.

- To access an NHS First Contact Physiotherapy Appointment for any musculoskeletal problem, please contact YOUR GP Practice.
- In most cases they will book you directly with a First Contact Physiotherapist, without needing to see a GP first.

