

# ***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.
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- 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.

