

First Contact Physiotherapy

- **Primary Care Multidisciplinary Team** First Contact Physiotherapy

A first contact physiotherapist is an experienced practitioner who specialises in muscle and joint problems. They have advanced skills to assess, diagnose, recommend treatment and refer to specialist clinics. They are therefore often the best first contact for patients with muscular or joint complaints.

Book an appointment with a first contact practitioner if:

- A soft tissue injury, sprains, strains or sports injury
- Arthritis – any joint
- Possible problems with muscles, ligaments, tendons or bones e.g. tennis elbow, carpal tunnel syndrome, ankle sprains
- Spinal pain including, lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs including nerve symptoms e.g. pins and needles or numbness
- Changes to walking
- Post orthopaedic surgery