

Strains and sprains, muscle or joint pains, stiffness?

Self referral
service - without
visiting
your GP

You can now refer yourself to the local NHS physiotherapy service directly – instead of visiting your GP first.

A physiotherapist can assess you and give you some advice on how to manage your problem by yourself, or offer you a course of treatment.

Common conditions a physiotherapist could help with:

- Back or neck pain
- Sprains and strains
- Sports injuries
- Trapped nerves
- Shoulder pain
- Osteoarthritis
- Whiplash



Please go to your GP web site and follow the link to fill in a self referral to Physiotherapy First, or HRCH NHS Trust website, **www.hrch.nhs.uk/physio-richmond**.

If you are unable to access the internet or have someone to help you please call: **020 8714 4019** where someone can fill in the form with you.

