

First Contact Physiotherapy

Seeing a Physiotherapist first instead of your GP could be right for you



The Physiotherapist can:

- **Assess You** and diagnose what's happening
- **Give expert advice** on how best to manage your condition
- **Refer you on** for further treatment, investigations or to specialist services if required

For Advice & Self care Information

Visit

www.nhsinform.scot/msk