

## Arbroath 1st Contact Physiotherapy



- Highly skilled  
Physiotherapists
- Expert Assessment  
of Musculoskeletal  
problems
- Individual Advice  
and Exercise



## Physiotherapy 1st Contact Service



Arbroath Infirmary



**Go Direct to a Physio  
without seeing a Doctor**

Appointment Line

**01241 822538**

Mon-Fri 9 –11 am

## How do you access the service?

- Speak to receptionist at your Health Centre , who will ask a few simple questions to check the service is right for you.
- You may also be advised to call the appointment line after speaking to your G.P or other Healthcare Professional.
- The receptionist will advise you to call the appointment line number overleaf
- Call the number and you will be advised of the next available appointment (appointments are released 2 days in advance)

## Why would you attend?

- When you want help to manage your muscle, back or joint problem
- For example: back pain, neck pain, shoulder pain, elbow pain, wrist pain, hand pain, hip pain, knee pain, foot pain
- Seeing a Physiotherapist first instead of GP may be right for you.



## What will happen at the clinic?

- You will be assessed by the Specialist Physiotherapist, most patients only require expert advice and exercise to manage their problem.
- The Physiotherapist may recommend that you are referred for a course of Physiotherapy at the local out-patient Physiotherapy Department and refer you on.
- If you require any tests/ investigations the Physiotherapist can arrange this .
- If you need to be seen by a different Health Professional, the Physiotherapist can arrange that too.