

Inclusion Criteria

- All soft tissue injuries, sprains, strains, sports injuries
- Arthritis (any joint)
- Problems with muscles, ligaments, tendons or bone
- Lower back pain, mid-back pain and neck pain
- Spine-related pain affecting arms or legs, including nerve symptoms such as pins and needles and numbness

Exclusion Criteria

- Acutely unwell
- Children under 18
- Medical management of rheumatoid conditions
- Women's health, antenatal and postnatal problems
- House bound patients
- Medication reviews
- Neurological and respiratory conditions
- Headaches
- Acute mental health crisis
- Patients who do not want to see a FCP