

Did you know that you can see a **First Contact Physiotherapist** at your surgery?

First Contact Physios, also known as First Contact Practitioners/FCPs, are **specialists** in assessing and helping people recover from problems coming from **muscles, bones, tendons, nerves or joints**.

WE ARE:

- ✓ Experienced chartered physiotherapists having worked for many years in different healthcare settings
- ✓ Able to offer a clinical assessment of your condition, with full access to your medical records
- ✓ Capable of diagnosing your problem or seeking further advice from the GP team if needed
- ✓ Able to offer expert guidance and advice about how to get better
- ✓ Here to help you improve your health and wellbeing
- ✓ Able to refer for specialist opinions, x-rays, medication reviews, blood tests if needed
- ✓ In regular communication with the surgery GPs, nurses and pharmacists – we work very closely as a team
- ✓ Here to offer fast access to a specialist assessment to help reduce any delays to you getting the attention you need

WE ARE NOT:

- ✗ Doctors, but we do hold the necessary qualifications, experience and have undertaken specialist training to work in GP surgeries
- ✗ The “in-house physio” – we do not offer the treatment side of physiotherapy (nor taping, hands-on therapy or acupuncture) here at the surgery. If you need ongoing treatment, we will need to refer you to see a physiotherapist (usually a rehab specialist) in the community. We know receiving the right advice early on means many people do not need regular treatment and their problem improves
- ✗ Paediatric (children) or women’s health specialists – we may need to refer you to a different team to help with these issues

HOW TO ACCESS US:

You do not need to see your GP first. You can ask the admin team for an appointment or use your online practice services to book in with one of us.

PREPARING FOR YOUR APPOINTMENT:

Our appointments are slightly longer than a GP appointment so we will have a little more time to discuss your problem but still try to book one appointment per problem.

Dressing appropriately for your appointment will really help. If you are seeing us for a knee problem – shorts are ideal. If it’s a shoulder problem, we may ask you to undress, but this is entirely up to you. You are welcome to request a chaperone at any time.

We look forward to meeting you!
The First Contact Physiotherapy team



Droitwich, Ombersley
& The Rurals
Primary Care Network