

# Physio First

offers assessment  
and advice for  
musculoskeletal  
problems

Physiotherapists are  
experts in muscle,  
bone and joint  
problems

## This service is for you if you have recent onset:

- Tendon sprain or muscle strain
- Back or neck pain
- Shoulder pain
- Elbow, wrist or hand pain
- Hip, knee or ankle pain

## But NOT if you:

- Are generally unwell
- Under the age of 18
- Suffer with chest or abdominal pain
- Have a neurological condition such as stroke or multiple sclerosis
- Suffer with a serious mental illness, or substance abuse

