

Booking into Musculoskeletal First Contact Practitioner Diary

- Each appointment 20 minutes long (book directly into diary)
- Patient will be called and assessed/triaged, given advice, their questions answered, exercises given and, where appropriate, GP notes updated
- Red flags will be referred on appropriately

| Inclusion Criteria | Exclusion Criteria |
|---|---|
| <ul style="list-style-type: none"> • All soft tissue injuries, sprains, strains or sports injuries • Arthritis- any joint • Possible problems with muscles, ligaments, tendons or bone e.g. tennis elbow, carpal tunnel syndrome, ankle sprains • Spinal pain including lower back pain, mid-back pain and neck pain • Spinal related pain in arms or legs including nerve symptoms e.g. pins and needles or numbness • Changes to walking • Post orthopaedic surgery • Patients currently waiting on physio waiting list | <ul style="list-style-type: none"> • Acutely unwell • Children under 14 • Medical management of rheumatoid conditions • Non musculoskeletal women's health, antenatal and post-natal problems • Medication reviews • Neurological and respiratory conditions • Acute mental health crisis • Patients who do not want to see/speak to a FCP (first point musculoskeletal practitioner) |

Website with patient information and self-management exercise programmes:
www.purephysiotherapy.co.uk