

Physiotherapy Direct Service

NHS
Leicestershire Partnership
NHS Trust

Do you have a problem relating to your joints or muscles?

Are you 16 years old or over?

Neck/Back Pain?

Arthritis?

Sprain/Strain/injury?

You don't need to see your GP. Ring the Physiotherapy Direct Service line on:

0300 300 0046 Mon to Fri 08:00 - 16:00

- Our Booking Centre staff will register your details and arrange for a physiotherapist to contact you.
- A **physiotherapist will ring you within 2 working days** to discuss your condition and the best way to manage it. They may give you an exercise programme or direct you to online resources.
- If the physiotherapist feels a face to face appointment is required this will be arranged, but you may be added to our waiting list.

If you have back or neck pain and are experiencing **altered sensation in your bladder or bowels**, or **pins and needles in both arms and legs**, we would advise you **seek immediate medical advice first**.

This service is **not suitable** for individuals experiencing **neurological problems** (i.e. stroke/Parkinson's), **breathing problems**, **continence** or require **Children's physiotherapy**.

For the above conditions you will need a referral from your GP.

Delivering co-ordinated care, centred around patients and carers