

MSK PhysioDirect Service

**Leicestershire Partnership**

**NHS Trust**

**You don’t need to see your GP. Ring the PhysioDirect Service line on:**

Are you 16 years old or over?

Sprain/Strain/Injury?

Neck/Back pain?

Arthritis?

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

**0300 300 0046** Mon to Thurs 08:00 – 12:30

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

* Our booking Centre staff will register your details and arrange for a physiotherapist to contact you.
* A **physiotherapist will ring you within 48 hours** 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.

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 coordinated care, centred around patients and carers**