

# First Contact Physiotherapy Service

We are delighted to introduce our First Contact Physiotherapist Team (FCP).

## So what is a First Contact Physiotherapist?

The FCP role is a new model which is evolving in GP Surgeries across the UK to help patients receive the direct care they require to improve health, wellbeing and their quality of life. Physiotherapists work with patients who are experiencing any musculoskeletal problems to deliver expert MSK assessment, diagnosis, and advice to prevent any short-term problems becoming long-term conditions.

## The benefits of this service include:

- Improved patient experience
- A shorter pathway, so patients have fewer appointments to attend
- Shorter waiting times
- Simple logistics, so patients are less likely to miss appointments etc.
- Opportunity to gain lifestyle/physical activity advice
- Longer appointment times
- Access to imaging and injection waiting lists if required
- Access to onward referral where needed.
- Telephone appointments and face to face appointments available
- Sick notes for up to 1 week (for modified activities at work/time off)

## Who could benefit from an appointment with our First Contact Physiotherapist?

See below for our inclusion and exclusion criteria:

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"><li>• All soft tissue injuries, sprains, strains or sports injuries</li><li>• Arthritis - any joint</li><li>• Possible problems with muscles, ligaments, tendons or bone, eg tennis elbow, carpal tunnel syndrome, ankle sprains</li><li>• Spinal pain including lower back pain, mid-back pain and neck pain</li><li>• Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness</li><li>• Post-orthopaedic surgery (can differ between localities)</li></ul>	<ul style="list-style-type: none"><li>• Acutely unwell</li><li>• Children under 16</li><li>• Medical management of rheumatoid conditions</li><li>• Women's health, antenatal and postnatal problems</li><li>• House-bound patients</li><li>• Medication reviews for non-MSK conditions</li><li>• Neurological and respiratory conditions</li><li>• Headaches</li><li>• Acute mental health crises</li><li>• Patients who do not want to see a FCP</li></ul>