

YOUR PHYSIO

Do you have back pain? Do you suffer from osteoarthritis? Is your elbow or knee hurting?

A new physiotherapy service, specialising in the management of musculoskeletal (MSK) pain, long term conditions and self-help, is here to offer help, advice and support



The service includes one to one sessions, group sessions and access to a new NHS physiotherapy website.

The site contains lots of useful help and advice on the self management of MSK issues, how to access services - including self referral, as well as information about the team.

On YOURPHYSIO you will find:

- Online advice and resources, including videos and useful exercises to improve your MSK health
- Advice on how to manage common injuries and pain problems
- Access to a Conditions Directory which may help you understand your condition and help you take some simple steps to improve the problem
- Advice for people living with a long term pain problem including advice about medications, exercises and lot of useful hints and tips to remaining active while living with persisting pain
- Advice on how to make positive lifestyles choices - including information about the effect daily lives have on musculoskeletal health, how to stop smoking and how to maintain a healthy weight
- How to join local educational groups and exercise sessions

