

Information for Patients and Visitors

First Contact Physiotherapy (FCP) Patient Information Leaflet

What is this?

The First Contact Physiotherapy Service is a new service, where **Specialist Musculoskeletal (MSK) Physiotherapy** is offered as an alternative to seeing your GP for MSK conditions. This will **improve your access** to the **Right Care**, at the **Right Time**, from the **Right Person**.

Why is this helpful?

It is estimated that 10-25% of all GP consultations are for MSK related conditions, and that a First Contact Physiotherapist could see up to 50% of these patients, hopefully helping to reduce waiting times for you to be seen.

An early specialist assessment with advice and intervention based on the best available evidence provided by Physiotherapists can enhance patient recovery and self-management.

GP Practices Involved (Northampton):

- ❖ Greenview Surgery
- ❖ Moulton Surgery
- ❖ Woodview Surgery
- ❖ Langham Place Surgery
- ❖ Leicester Terrace Health Care Centre
- ❖ Earls Barton Surgery

What can be seen:

- ✓ Patients aged 18 or over.
- ✓ MSK problem (which you are not already under treatment for)
- ✓ **MSK conditions:**
 - Soft tissue/Muscle/Tendon/Ligament strains/sprains.
 - Joint pain/injury.
 - Acute flare up of a long-term condition.
 - Back/Neck Pain.
 - Postural Pain/Problems.
 - Osteoarthritis.
 - Minor Trauma (Falls / Sports injuries).

How do I book in?

Please contact your GP practice as normal and the receptionist will guide you through the process

Where will my appointment be?

Physiotherapy Department, Highfield Clinical Care Centre, Cliftonville Road, Northampton, NN1 5BD.

How long will my appointment be?

30 Minutes. If you require a longer appointment due to additional needs please advise on booking.

Attending your appointment:

Parking is FREE but allow plenty of time to find a space. Please arrive at the department 15 minutes before your appointment in order to complete your paperwork.