

Choose the right service!



Physiotherapy

USEFUL INFORMATION



Information:

A musculoskeletal (MSK) disorder is any injury, disease or problem with your muscles, bones or joints.

Muscle and joint problems are the biggest cause of work absence and physical disability in the UK. In

Scotland, over a million people spoke to their GP for a muscle or joint problem last year.

For advice on muscle, joint or back pain, patients can visit

www.nhsinform.scot/msk

- If a patient requires further help and is an adult, they can self refer to Outpatient Physiotherapy.
- Referral forms available in local physiotherapy departments, GP Practices or can be downloaded from:
- www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy/



www.nhsinform.scot

What you'll find on NHS inform:

- Information about:
- Medical conditions
- Injuries
- Tests and treatments
- Healthy living topics
- such as smoking, alcohol, food and nutrition and mental wellbeing
- Health news and events
- National health campaigns
- Services provided by GPs, pharmacies and dental surgeries in Scotland
- Your rights when using these services



We also have a number of interactive tools:

Self-help guides for common illnesses and injuries.

A **National Services Directory** containing hundreds of support groups and thousands of NHS services in Scotland.

Info for Me tool that helps you to gather, save, publish and share your own health information.

How to contact us - www.nhsinform.scot

If you can't find what you are looking for:

Our helpline and webchat services are open:

Monday to Friday, 8am to 10pm

Saturday and Sunday, 9am to 5pm

Webchat with our health information team -

Ask us a question using our feedback form and someone will get back to you.



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INVERCLYDE
HSCP
Health and Social Care Partnership

The Scottish
Government
Healthcare
Improvement
Partnership

your voice

1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot



1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhsinform msk zone](http://nhsinform.msk.zone) - www.nhsinform.scot
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

