

More information

For up to date referral and contact information please visit our website.

Further advice including self-management videos can also be found on our website:

www.whittington.nhs.uk/msk

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)

[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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Musculoskeletal Physiotherapy

A patient's guide



Your GP has referred you to Musculoskeletal

Physiotherapy

What happens now?

Your referral will be processed by our administration team and you will receive a text or letter asking you to choose where you would like to be seen.

You can choose from one of seven locations:

Finsbury Health Centre 17 Pine St Islington EC1R 0LP	Holloway Community Health Centre 11 Hornsey Street N7 8GG
Hornsey Central Health Centre 151 Park Road Hornsey N8 8JD	St Ann's Hospital St Ann's Road Tottenham N15 3TH
Lordship Lane Primary Care Health Centre 239 Lordship Lane N17 6AA	Bounds Green Health Centre Gordon Road Bounds Green N11 2PA
Whittington Hospital Magdala Avenue N19 5NF	

If you haven't heard from us please contact our referral management team on: **0203 316 1111**

Visit our website for lots more information on:

- How you can help yourself
- Exercise and advice leaflets and videos
- How to prepare for your appointment
- How to get more active for free

www.whittington.nhs.uk/msk

Help us keep our waiting list down by:

- Attending your appointment on time
- Letting us know if you are unable to attend your appointment so that we can offer it to someone else
- Giving us your mobile number so that we can send you a text reminder about your appointment

Important information about your appointment:

- Check how you will travel to the physiotherapy site
- Arrive prior to your appointment time and allow sufficient time if using public transport
- Bring either your current medication or complete an up to date list
- Bring suitable clothing for a physical assessment and/or to exercise in comfortably and safely. For example, shorts for a leg/back assessment and for women, a vest for an arm or neck assessment
- It may be helpful to make a list of the questions and concerns that you may wish to raise
- Report to our reception so that we know that you have arrived and we can keep you up to date
- Your first appointment may last between 30 – 60 minutes

What will happen in your appointment?

- The Physiotherapist will ask you questions about your condition and general health
- They will do a thorough physical examination
- They will then discuss what they find and what it means
- Together you will decide on a treatment plan