

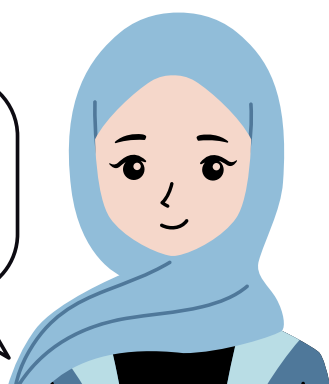
# Aches becoming a right pain?

You can self-refer to your local physiotherapy service without the need to see your GP.



You can refer  
yourself into the  
service, 24/7

I completed an  
immediate digital  
initial assessment via  
PhysioNow®



**SCAN ME**



Self-refer  
online

Alternatively, please call  
**0208 103 3785** and our Patient Care  
Coordinators will be happy to help

 Lines are open Mon-Fri 8.30-17.00

Service provided by: