

PHYSIOTHERAPY

	Upper Limb	Lower Limb	Spinal
Symptoms and Diagnoses Accepted	<ul style="list-style-type: none"> • Rotator cuff tendinitis/ impingement syndrome • Osteoarthritis of the elbow • Golfer's/ Tennis elbow • Repetitive strain injury • De Quervain's Tenosynovitis • Muscle tightness/ weakness • Single joint pain/ stiffness 	<ul style="list-style-type: none"> • Osteoarthritis of the hip/ general hip pain • Sports injury of the knee, hip/ groin • Trochanteric bursitis • Osteoarthritis of the knee • Ligamentous and meniscal injuries of the knee • Anterior knee pain/ patella-femoral joint problems • Patella mal-tracking <p>Please refer foot and ankle problems to our MSK Lower Limb Service for Podiatric assessment and treatment.</p>	<ul style="list-style-type: none"> • Whiplash and sports injuries • Degenerative spinal conditions • Mechanical back pain
Assessments, Treatments and Interventions Available	<ul style="list-style-type: none"> • Shared decision making information and patient education, health and lifestyle advice, and self-management planning • Remedial exercise programmes and tailored Physio Tools home exercise hand-outs • Joint and soft tissue mobilisations and manipulations • Splinting and taping • Postural assessment and education, and ergonomics advice • Walking aids with gait education • Pre-operative and post-operative rehabilitation and advice • QOL and PROM scoring using EQ-5D-5L • Review for referral to Orthopaedic assessment services for specialist opinion <p>Patients requiring investigations and injections should be referred to the appropriate MSK sub-specialty service - see MSK referral criteria pages.</p>		

e-RS (CHOOSE AND BOOK)

Speciality	Clinic Type	Service Name
Orthopaedics	Shoulder and Elbow	See CCG link for individual e-RS service names
	Sports Trauma	
	Hand and Wrist	
	Hip	
	Knee	
	Sports Trauma	
	Foot and Ankle	
	Spine - Back Pain (not Scoliosis/Deform)	
	Spine - Neck Pain	