

You can Refer Yourself  
Directly to NHS  
PHYSIOTHERAPY



**We can help with the following conditions:**

Back and Neck Pain  
Strains and Sprains  
Sports Injuries  
Whiplash

Post Op Rehabilitation  
Fracture Rehabilitation  
Joint Pain  
Muscle Pain

Not everyone needs to see a Physiotherapist. Often you can achieve a full recovery at home after a strain/sprain by adopting some simple methods.

The following link explains how to care for an injury at home.

<http://www.torbayandsouthdevon.nhs.uk/services/physiotherapy>

If however, after 2 weeks your symptoms are not improving then book in to the physiotherapy service.

Please visit:

[www.torbayandsouthdevon.nhs.uk/physiopkb](http://www.torbayandsouthdevon.nhs.uk/physiopkb)

Call 0300 456 9987 (local rate)

Monday—Friday 08.30 –12.00 noon excluding bank holidays