

**First Contact Physiotherapy (FCP) Service.**

Haltwhistle Medical Practice are pleased to inform you about their Musculoskeletal (MSK) **First Contact Physiotherapy** service, available here within the practice.

**What is a First Contact Physiotherapist (FCP)?**

FCP's are experienced Musculoskeletal Physiotherapists, with professional qualifications in advanced assessment, diagnosis, and management of MSK conditions within primary care.  FCP's provide the first point of contact for patients with MSK problems (see below).

**What are FCP services for? / What do they do?**

FCP services provide rapid access to specialist assessment of MSK problems.

Such MSK problems may include;

* Joint pains (both new and longstanding).
* Muscle, tendon, or ligament problems (including sports injuries).
* Spinal pain (including neck, thoracic and low back problems).
* Gait and balance problems.

Following assessment, FCP's often manage these problems independently.

This may include;

* Providing specific advice / exercises.
* Arranging appropriate investigations.
* Making onwards referrals for further assessment or treatment.
* Organising further clinical review.
* Requesting pain medication via your GP, if required.

**Please Note:** FCP services do not provide a course of physiotherapy treatment. If this is required, your FCP will recommend a referral to an appropriate physiotherapy department for this.

**Do I need to see my GP first, or be referred?**

* **No,** FCP clinics can be accessed directly, without the need to see your GP first and **do not** need a formal referral.
* FCP clinic appointments are booked directly via our reception team, or online via the NHS App

**Who can be seen in FCP clinics?\***

* All registered patients, over 16 years old, with MSK problems (see above) can be assessed within the FCP service.

**Who CANNOT be seen in FCP clinics?\***

* Housebound patients.
* Patients under 16 years old.
* Patients requiring assessment of headache problems.
* Patients with problems relating to known neurological or respiratory conditions.
* Patients with Women's Health problems, including ante and post-natal problems.
* Patients who are acutely unwell, experiencing mental health crises, or those that do not want to see an FCP.

**What can I expect?**

After discussing your problem with reception, if suitable, you will be offered an FCP clinic appointment (please note; this can be in person or via telephone consultation, if preferred).

Our practice FCP (David Bransby, see below) will then take a detailed history of your problem(s), perform a thorough assessment, and jointly devise an appropriate management plan.

**Please note**, if you have multiple MSK problems, please request a double appointment to enable adequate time for assessment.

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| A picture containing person, person, wall, indoor  Description automatically generated**David Bransby - FCP**(West Northumberland Primary Care Network) | * **David has 14 years' experience as a Specialist Musculoskeletal Physiotherapist, working locally for Northumbria Healthcare Trust during this time.**
* **In April 2022 he joined our practice team as an FCP, following a 12-month secondment within a similar role.**
* HCPC number: PH84807

<https://www.hcpc-uk.org/check-the-register/> |
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Please see the following links for more information about FCP services, **contact our practice reception to book an appointment (01434 320077), or book online via the NHS App**.

**FCP Service Links:**

<https://vimeo.com/574370220>

<https://www.csp.org.uk/public-patient/find-physiotherapist/what-first-contact-physiotherapy>

<https://www.csp.org.uk/professional-clinical/improvement-innovation/first-contact-physiotherapy/first-contact-physio-2>

\**Full FCP service inclusion / exclusion criteria can be found at:*

*https://www.csp.org.uk/system/files/documents/2018-10/001536\_First\_Contact\_reception\_info.pdf*

