



## Musculoskeletal (MSK) **Physiotherapy Service**



norfolkandwaveneycommunityhealth.nhs.uk/msk 01493 809977

- · Advice & treatment for common muscle, joint and soft-tissue complaints
- Exercise ideas
- Refer yourself without needing a GP referral
- Full control over your appointments with the free Airmid app



Refer yourself for physiotherapy at norfolkandwaveneycommunityhealth.nhs.uk/msk

Notes:









- · Advice & treatment for common muscle, joint and soft-tissue complaints
- . Exercise ideas
- Refer yourself without needing a GP referral
- Full control over your appointments with the free Airmid app



Refer yourself for physiotherapy at norfolkandwaveneycommunityhealth.nhs.uk/msk

Notes:





norfolkandwaveneycommunityhealth.nhs.uk/msk 01493 809977









norfolkandwaveneycommunityhealth.nhs.uk/msk 01493 809977

- · Advice & treatment for common muscle, joint and soft-tissue complaints
- . Exercise ideas
- Refer yourself without needing a GP referral
- Full control over your appointments with the free Airmid app



Refer yourself for physiotherapy at norfolkandwaveneycommunityhealth.nhs.uk/msk

Notes:





## Musculoskeletal (MSK) **Physiotherapy Service**

**Physiotherapy Service** 



norfolkandwaveneycommunityhealth.nhs.uk/msk 01493 809977

- Advice & treatment for common muscle, joint and soft-tissue complaints
- Exercise ideas
- Refer yourself without needing a GP referral
- Full control over your appointments with the free Airmid app



Refer yourself for physiotherapy at norfolkandwaveneycommunityhealth.nhs.uk/msk

Notes: