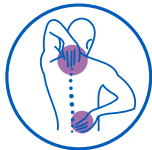


# Musculoskeletal (MSK) Physiotherapy Service



[norfolkandwaveneycommunityhealth.nhs.uk/msk](https://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](https://norfolkandwaveneycommunityhealth.nhs.uk/msk)**

or on 01493 809977 if no internet access

Notes: