

What is the role of... A Physiotherapist?

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future.

They are the preferred route to start with any muscular injuries or problems. They are trained to deal with specialist musculoskeletal issues.

They provide patients with exercises and advice to help manage pain from musculoskeletal injuries.

They offer both face-to-face and telephone appointments to accommodate lots of patients.



Physiotherapy can be helpful for people of all ages with a wide range of health conditions, including problems affecting are:

bones, joints and soft tissue – such as [back pain](#), [neck pain](#), [shoulder pain](#) and [sports injuries](#)

brain or nervous system – such as movement problems resulting from a [stroke](#), [multiple sclerosis \(MS\)](#) or [Parkinson's disease](#)

heart and circulation – such as rehabilitation after a [heart attack](#)

lungs and breathing – such as [chronic obstructive pulmonary disease \(COPD\)](#) and [cystic fibrosis](#)

They can refer to the GP surgery and ask the GPs to prescribe as well as refer to hospitals/surgeons.