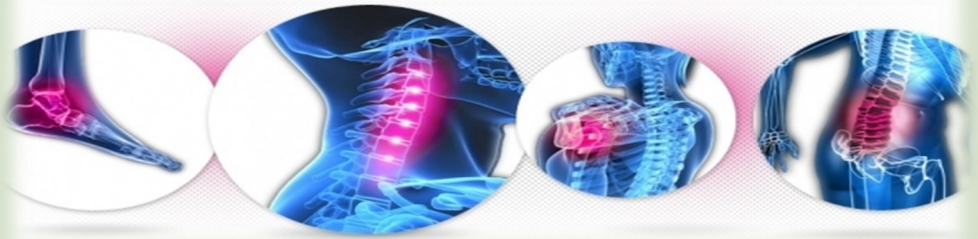


# FCP: FIRST CONTACT PHYSIO



The role of First Contact Physiotherapists (FCPs) is to assess patients with soft tissue, muscle and joint pain and to decide on the most appropriate management pathway. FCPs are physiotherapists with expertise in the assessment and management of Musculoskeletal (MSK) conditions. They may also be known as Advanced Practice Physiotherapists (APP) or MSK Practitioners. Here's a quick look at who they can and can't see.

## CAN SEE

- All soft tissue injuries, sprains, strains or sports injuries
- Arthritis – any joint
- Possible problems with muscles, ligaments, tendons or bone, eg tennis elbow, carpal tunnel syndrome, ankle sprains, of sudden onset or an existing pain that has got worse suddenly
- Spinal pain including lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness
- Post-orthopaedic surgery

## CAN'T SEE

- Acutely unwell
- Young people under 18
- Medical management of rheumatoid conditions
- Women's health, antenatal and postnatal problems
- House-bound patients
- Medication reviews for non-MSK conditions
- Neurological and respiratory conditions
- Headaches
- Physio referrals from a consultant

If you cannot be seen by our FCP, then you will need to be assessed by a clinician in the usual way. An onward referral to the local physio service, or to a consultant, can be made if required.