

**PARKLANDS  
MEDICAL PRACTICE**



**Physio  
1st**

**Question:** Do you think you need  
physiotherapy?

**Solution:** You can now see a Physiotherapist  
without having to see a **GP** first.

We are pleased to announce that from 3rd May 2016,  
we will be introducing **Physio 1st**, a new self-referral  
physiotherapy service which will initially  
run until September 2016.



This is for **new onset** muscular, joint  
and back problems.

**Please speak to one of our  
Receptionists to book in**

You will then be given an appointment with an  
experienced Physiotherapist for an initial assessment.

Please note this is for those aged over 18 only

**Physiotherapy Self-referral**