



What is this service?

The 7-Day GP Service, an extension of usual GP hours provided by Southport and Formby Health, also offer access to physiotherapy appointments provided by Connect Health.

This is a senior physiotherapist lead appointment initially by telephone. Physiotherapists act as first point of contact for patients age 16+ with new onset musculoskeletal (MSK) conditions.

What to expect from your appointment

You will be contacted by telephone by a physiotherapist. They will complete an assessment by asking you questions about your condition and make notes within your medical records.

You will receive advice on how to manage your condition which may include exercises, with a plan to improve your condition. You may be offered a follow up appointment via telephone or face-to-face. This will be confirmed at the end of your appointment by the physiotherapist.

If you have a hearing impairment or disability, and you would benefit from a direct face-to-

face appointment, you can request this from your GP Practice during the initial booking.

Patients will be provided with advice and tools for self-management of their conditions, including:

- Pain management
- Exercise Programs
- Education and Lifestyle advice

Other outcomes may include onward referral to a MSK clinical assessment and treatment service or recommendations to self-refer into the Joint Health Service for community physiotherapy.

How can you book into this service?

Call your GP Practice and ask for a physiotherapy appointment with the 7-Day GP Service. Appointments are offered between Monday-Friday 5pm-8pm, Saturday 9am-5pm and Sunday 9am-1pm.

Face-to-Face Location:

The Family Surgery
107 Liverpool Rd
Southport
PR8 4DB