

# Physiotherapy Service

Access to virtual consultations and treatment  
via our network of qualified physiotherapists



- Restoring movement and functions in patients that have been affected by injury, illness or disability
- They will do this by delivering exercise plans and supporting patients to be able to safely and independently complete a home exercise programme
- For problems affecting the musculoskeletal system
  - the bones, joints and soft tissue of the body
- Suitability for online physiotherapy is made on a case-by-case basis
- Each session lasts up to 30 minutes

## Initial assessment session followed by treatment sessions as appropriate

- Unlimited number of sessions so patients can contact the service whenever they need to
- Opportunity to book with the same clinician, and up to six weeks in advance

### Post-consultation outcomes

#### Treatment plan

Virtual treatment sessions;  
self-managed digital exercises  
via RehabGuru personal URL

#### Additional supporting documents (as required)

Advice and signposting to self-help information e.g. recommended lifestyle changes, nutrition advice, etc.

#### Signposting

To see own GP face-to-face or seek diagnostic services where required

Booking must be done through the HealthHero/GP24 App

Access the GP24 App at [philipwilliams.gp24.co](https://philipwilliams.gp24.co) to book appointments.

On first use, click Reset Password to create an account. Use code **SX25** to register