

## **Refer yourself to PHYSIOTHERAPY without waiting to see your GP**

Patients can now self-refer to physiotherapy via Healthshare Oxfordshire. Healthshare is your single service for all musculoskeletal problems, these are joint, muscle, soft tissue injuries or back pain that are not resolving on their own.

Depending on your problem you may be given early specialist advice and help over the phone or you may be asked to attend one of their clinics for an appointment. If you need more specialist care, this can be done within the service too.

There are local clinics around Oxfordshire - Oxford, Banbury, Bicester, Chipping Norton, Witney, Wallingford, Faringdon, Didcot and Henley, with times and dates that should make it easy for you to visit.

Please visit the Healthshare website, where you will find lots of helpful tips, videos, advice and downloadable leaflets.

**If you are over 18 you can refer yourself via the Healthshare website:-**

[www.healthshareoxfordshire.org.uk](http://www.healthshareoxfordshire.org.uk)

**If you need to speak to a Healthshare administrator please call 01865 238108 (Monday-Friday 8am-6pm). Alternatively, email [enquiry@healthshareoxfordshire.org.uk](mailto:enquiry@healthshareoxfordshire.org.uk).**