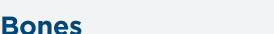
NAVIGATE TO A HEALTHIER BODY

Do you have pain in your bones, muscles or joints that you've not experienced before?







Muscles



Joints

If so, you may need treatment from a physiotherapist, chiropractor or osteopath to help you on the path to better health.

Get seen quickly

When you need to **refer yourself** to a Nuffield physiotherapist



When you need to refer yourself to a chiropractor or osteopath





Call your helpline number - it's on your member portal

Get treatment without delay



We'll transfer you to Nuffield for a telephone assessment with a physiotherapist



We'll do a quick check over the telephone to ensure this type of treatment is right for you

Choose a time that's convenient for you





Physiotherapy appointment booked

Start your treatment plan



With our physiotherapy self-referral option there's no need to wait up to 2 weeks to see your GP.1

We'll take your call on day one and with treatment starting on average on day two, that's around 40 days quicker than GP referral.2

Together, all the way."



Sutton, Surrey SM1 1JB. VAT Registration No. 740445451

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¹ Pulse Magazine, May 2015, Poll of 700 GPs

² NHS England, Referral to Treatment Waiting Times Data (non-admitted), October 2015