

## What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you.

To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACY
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITORS



### Further Information

Further information about all of these services can be found at [www.health-ni.gov.uk/mdt](http://www.health-ni.gov.uk/mdt)

### Appointments

If you would like to book an appointment with any of these new services, please contact:

Adam Wilson  
 Claire Doherty  
 028 27660300

### Suggestions, Comments, Complaints

We value your opinions and will act on them whenever possible. If you have any feedback on the services you have received, please fill out a feedback form.

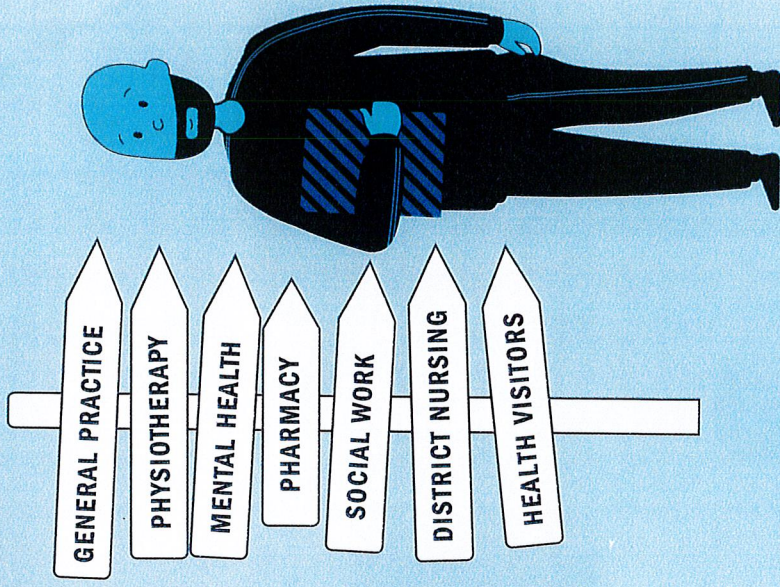


#MDT #DeliveringTogether



Health and Social Care

# First Contact Physiotherapy Service



Your GP Practice now has a first contact physiotherapy service.

You can book this directly without first seeing your GP.



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[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

HEALTH AND WELLBEING 2026  
 DELIVERING TOGETHER

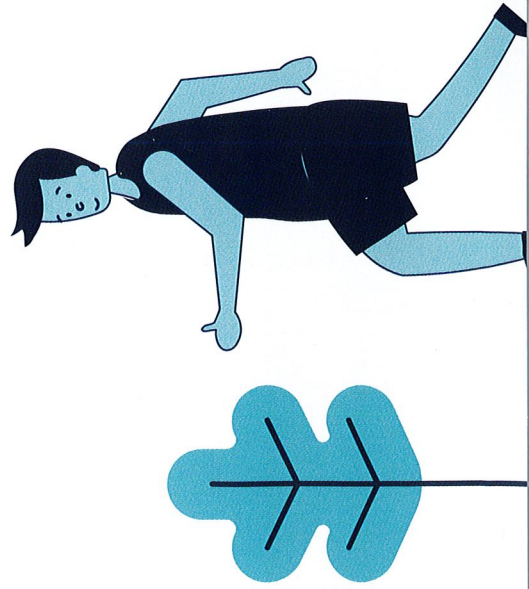
## What are First Contact Physiotherapists?

Our first contact physiotherapists are experts in problems with your joints, muscles and soft tissue (back pain, neck pain, painful joints or sprains and strains).

### We can:

- ▶ Diagnose your condition
- ▶ Offer you advice and exercises to manage your condition
- ▶ Order tests
- ▶ Prescribe medication
- ▶ Request x-rays
- ▶ Refer you to another service if required
- ▶ Direct you to community based activities

The physiotherapist will give you advice and may provide you with exercises and discuss medication. If they feel you require a course of physiotherapy treatment they can refer you or advise you to self-refer. They will be able to discuss medication that may help you, and may also prescribe some medication.



## Can the FCP refer me to another specialist?

The First Contact Physiotherapist is able to refer you to a specialist service such as Orthopaedics, Rheumatology or Pain Clinic.

### I need a joint injection – can the FCP do this?

The FCP can carry out a joint injection to relieve symptoms if it is appropriate.

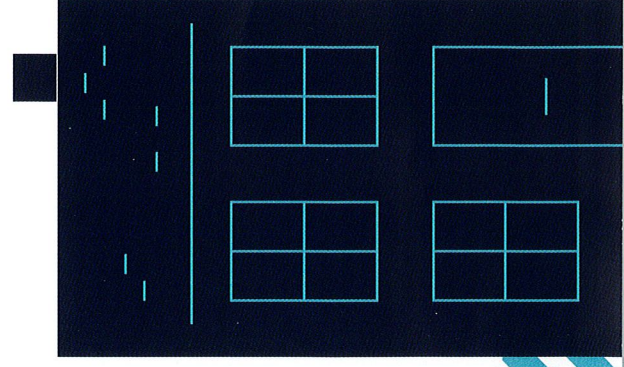
### Will I receive treatment from the FCP?

The First Contact Physiotherapist will give you advice and may provide you with exercises and discuss medication.

If the FCP feels you require a course of physiotherapy treatment they can refer you or advise you to self-refer.

### Can the FCP write a prescription?

The First Contact Physiotherapist will be able to discuss medication that may help your symptoms and may also prescribe some medication.



## Can anyone see the FCP?

You should ask to see another health care professional if you are:

- ▶ Acutely unwell
- ▶ Have continence problems
- ▶ Have respiratory symptoms
- ▶ Have headaches or a problem with your neurological condition such as Parkinson's Disease, MS or Stroke
- ▶ Receiving medical management for Rheumatoid Arthritis

