

## **SCARBOROUGH AND RYEDALE SELF REFERRAL**

**DO YOU HAVE NECK OR BACK PAIN?  
HAVE YOU HAD A RECENT INJURY?  
ANY MUSCLE OR JOINT PROBLEMS?**

If you are registered with an Scarborough and Ryedale GP you can access this NHS self-referral service to talk to a physiotherapist without seeing your doctor first.

To book in with a physiotherapist call our customer access service:

**01653 609609**

7 days a week, 8.00am to 6.00pm

The physiotherapist will be able to advise you about your problem. All initial assessments are done over the telephone, with the option to do a video consultation if needed.

You may be asked to attend a face to face assessment at a clinic of your choice or be referred for treatment if this is necessary. You may also be referred on to your GP or other health professional if needed.