Do you have muscle or joint pain?

[](https://www.google.co.uk/url?sa=i&url=https://www.hopkinsmedicine.org/health/conditions-and-diseases/ulnar-collateral-ligament-ucl-injuries-of-the-elbow&psig=AOvVaw0jW4QQ23ql-uBnzGTEUgLm&ust=1583579843910000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjR_uLchegCFQAAAAAdAAAAABAE)For information about how you can self-manage musculoskeletal pain, please visit the [Chartered Society of Physiotherapy's webpage for managing pain at home](https://www.csp.org.uk/conditions/managing-pain-home)

If you have followed the advice on the above link and still feel you need advice from a physiotherapist then you no longer require a GP referral

To refer yourself into this service please visit

<https://phio.eql.ai/provider/connecthealth>

Important information

* You will be offered a digital self-assessment to support your ongoing care with us.
* This is available 24/7 from the location of your choice and is available in English and Welsh.
* Following completion of your PhysioNow assessment the information will be reviewed by the CTM physiotherapy team.
* The admin team will contact you to arrange a telephone or video appointment in due course.