



Provide have received a referral for the Provide Physiotherapy Service. Based on the information provided you are likely to need some early support for your musculoskeletal problem. For immediate self-help visit our website <https://providephysiotherapy.org.uk/>. Our website has a section on persistent pain which will offer advice on how to effectively manage your problem.

If you are feeling low or anxious, whether this is related to your pain or not, we encourage you to visit <https://www.northessexiapt.nhs.uk/mid-essex> for further help and support.

Also visit <https://providephysiotherapy.org.uk/video-consultation/> to establish the most appropriate type of appointment for your initial assessment using the online Covid Risk Assessment & Screening Tool. If a face-to-face appointment is suitable then please reply via the link so we can send you a questionnaire for completion and our consideration. If we do not hear back within 2 days the CCC will send a link to book a video consultation