



Criteria for self-referral

If you have any problems relating to muscles and joints including;

- Hand and wrist pains
- Elbows
- Shoulders
- Spine and neck
- Hips
- Knees
- Foot or ankle
- Pain

Exclusions for referral

- Under 16 years old
- Acute injury where a fracture or significant joint injury is suspected – go to A&E.

How to access this service by;

- Call: 0300 300 0003
- Visit: www.sussexmskpartnershipeast.co.uk/gethelp
- You will need your NHS number

Once you have self-referred, the service will be able to direct you to the most appropriate clinician who can treat your problem.