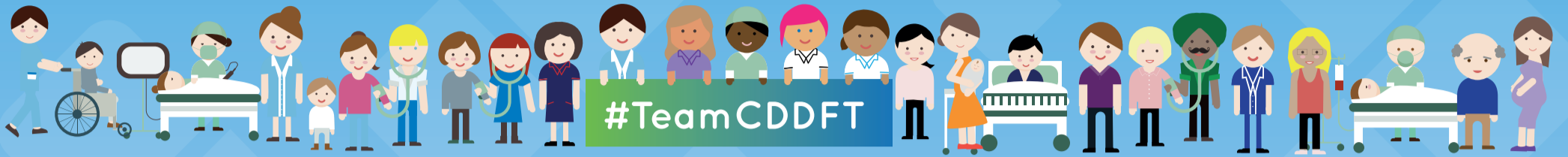


First Contact Physiotherapists are available here



NHS

County Durham
and Darlington
NHS Foundation Trust



Go direct to a physio without seeing the doctor!

First Contact Physiotherapists are available here

The physio will:

- **Assess you** and diagnose what's happening
- **Give expert advice** on how best to manage your condition
- **Refer you on** to specialist services if necessary.



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