**Inclusion criteria**

* 16 or over (please note we can see 14 and over in Physiotherapy but 14 and 15 year olds will require a referral)
* Pain has been present for more than 4 weeks (if less than 4 weeks then please check the website for self help strategies)

[https://swex.connecthealth.co.uk](https://swex.connecthealth.co.uk/)

* Patients with back, upper back, neck or joint pain (e.g. knee, hip, ankle, shoulder)
* No acute trauma (re fractures than have not been diagnosed)

**Exclusion criteria**

* If you are feeling unwell
* Absence of any spinal (back, upper back, neck) or joint pain
* Patients who require an interpreter (this would need to be referred with a form)
* Self referral is only for Physiotherapy (Tier 1)
* Under 16’s