New Physio self referral

For patients who may benefit from self-management advice and exercises our internet site is available as an alternative to referral - http://www.mskphysiogrampian.scot.nhs.uk/

For patients looking to increase activity, or undertake general exercise, Sport Aberdeen (https://www.sportaberdeen.co.uk/), Live Life Aberdeenshire (https://www.livelifeaberdeenshire.org.uk/ ), Moray Community Sports Hub (http://www.sportinmoray.co.uk/) have excellent supported programmes on their website.

If you would like to self refer to the physio service in Aberdeenshire then complete the self referral from the link below:

[V:\RECEPTION\Patient notices and forms\MSK Physio Selfreferralform NHSG May 21.docx](file:///V:\RECEPTION\Patient%20notices%20and%20forms\MSK%20Physio%20Selfreferralform%20NHSG%20May%2021.docx)