

The Role of Advanced Physiotherapy Practitioners (APP)

The Advanced Physiotherapy Practitioner (APP) based within this Practice provides a first contact service for patients aged 16 and over with any musculoskeletal (MSK) problem. Patients do not need to be seen by a doctor first and can make an appointment directly with the APP via Reception at the Practice. The APP Service does have a limited capacity making it unable to see all patients with MSK problems so you may still be offered an appointment with your GP or Practice Nurse.

An APP works independently to assess and diagnose MSK problems and will form personalised management plans to address appropriate patient goals. An APP will liaise with other colleagues within the practice when necessary.

The APP can request further investigations such as diagnostic imaging and bloods to aid diagnosis when appropriate. They can refer to secondary care services e.g., Orthopaedics, Neurology, Rheumatology, Pain Management, if required. Those patients who require more involved input for their MSK condition will be referred to the core MSK Physiotherapy Service, as they would if seen by any other member of the Practice team.

Most APPs are trained in injection therapy. A growing number are also independent prescribers. All APPs can issue fit notes, but only for MSK conditions they have assessed.

To make an appointment please contact Reception and ask for an APP appointment or to learn more about what the APP Service can offer for patients by meeting one of the Team [here](#).

In this Practice, the APP is available on: **ADD DAYS/TIMES**

For information on self-management of MSK conditions please visit [NHS Forth Valley website](#) or go to [NHS Inform](#).