



Living Well North Tyneside

Supporting Health and Wellbeing

First Contact Physiotherapists (FCPs) are experienced physiotherapists working in primary care who can assess, diagnose, and manage musculoskeletal (MSK) conditions without a prior GP referral. They can also advise patients, refer them to specialist services if needed, and offer direct access to physiotherapy treatment.

Key Aspects of First Contact Physiotherapists

- FCPs are qualified autonomous clinical practitioners, meaning they can make independent decisions about patient care.
- patients can access FCPs directly, often through self-referral or by being referred by staff in GP practices.
- FCPs have specialised knowledge and skills in the assessment and management of musculoskeletal problems.
- FCPs help streamline patient pathways by providing rapid diagnosis and management plans.
- patients can see an FCP sooner than waiting for a GP appointment or hospital referral.
- FCPs provide patients with advice and education on managing their conditions.
- FCPs can refer patients to other specialists or hospital departments when needed.

Within Whitley Bay PCN we have a team of First Contact Physiotherapists ready to help our patients.



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