

## ***Referral to your local NHS Clinic***

Request your GP to write a referral to your nearest clinic, who will confirm diagnosis and also provide you with an appropriate lifestyle management programme.

For people living near the county borders, if either you or your G.P. is in Hampshire, you qualify to attend this clinic.

My clinics are very pleasant, and I understand that they liaised directly in a collaborative manner, with my physiotherapist in order to facilitate continuous treatment without repetition, overlap or gaps.

You will be given useful advice and learn useful lifestyle management techniques.

This section last revised on 12<sup>th</sup> July 2008