



Do you suffer from musculoskeletal pain?

Are you aware of the external PhysioMed service the Trust provides?

What is PhysioMed?

Employees of the Trust have access to the services of PhysioMed who work closely with the Trust's Health, Work and Well Being Department to promote staff health and wellbeing, improve productivity and reduce sickness absence.

A range of services and advice is available to all staff and is funded by St Helens and Knowsley Teaching Hospitals NHS Trust.

Any employee who suffers a musculoskeletal injury or disorder (MSD) can be referred to PhysioMed.

What can you expect from PhysioMed?

- A call from the PhysioMed triage team within 4 hours
- A comprehensive assessment from a Senior Physiotherapist within three working days
- Further face-to-face treatment, if required, via our in-house physiotherapist, at either Whiston or St Helens Hospital

For further information on this service please contact: Health, Work and Wellbeing on 0151 430 1985.

For a referral, please call a member of the Absence Support Team; 0151 290 (4117), 0151 676 (5490) or email us; Absence.support@sthk.nhs.uk

Please note, no referral can be made if you are already under the care of a Professional