

Physiotherapy Spinal clinic

Please read carefully before attending



Is the Physiotherapy Spinal clinic for you? We offer:

- Advice on self-management of spinal pain for those aged 16 years and over.
- If required, **assessment & management** of neck, mid-back or lower-back pain which may include pain radiating to the arm or leg.

Before attending our spinal clinic we advise:



1. Consult your GP or Pharmacist as adequate pain relief is essential to facilitate your recovery.



2. Visit our Spinal Clinic website which has information, downloads and patient self-help guides for back and neck pain.

- www.elht.nhs.uk Click on Department Wards & Service. Search under 'M' for Integrated Musculoskeletal Service / MSK / Spinal Clinic.
- Or Click on this link: [spinal-clinic](#) which will take you to our website
- Or enter 'ELHT Spinal Clinic' into a search engine for e.g. Google.

If your pain is not settling then please attend our clinic for advice:

At the clinic:

- **If you have access to the internet** - Complete the **spinal questionnaire forms** which can be downloaded and printed from the Spinal Clinic section on the website (see above) please bring the forms to one of the spinal clinics at the times overleaf.
- **If you do not have access to the internet. Please attend one of the clinics** at the times overleaf where you can collect and complete the **spinal questionnaire forms**.
- **Bring reading glasses** if necessary.

Your clinical information will be assessed.

You will be allocated an appointment which may not be on the same day.

- **If you are unable to speak English** please bring an adult with you who can, or contact the Physiotherapy Department to arrange an appointment with an interpreter.

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Please note:

- These clinics do not operate on bank and public holidays.
- You can find more information on managing your back / neck pain at www.nhsinform.scot/msk

Please note car parking charges apply at most sites

Physiotherapy Sites	Dates and times
<p>Barbara Castle Way Health Centre Simmons Street, Blackburn, BB2 1AX Tel No: 01254 736111 / 01254 736112</p>	<p>Monday 8.30 am – 2.30 pm NB: Strict time limits to parking. If possible, please find alternative parking, as fines could be imposed.</p>
<p>Darwen Health Centre James Street West, Darwen, BB3 1PY Tel No: 01254 736121</p>	<p>Wednesday 8.15 am – 2.00 pm</p>
<p>Burnley General Hospital Casterton Avenue, Burnley, BB10 2PQ Tel No: 01282 803294</p>	<p>Monday 12.15 pm – 2.15 pm</p>
<p>St Peter's Primary Health Care Centre Church St, Burnley, BB11 2DL Tel No. 01282 805507 / 805570</p>	<p>Thursday 8.00 am – 12.00 pm</p>
<p>Pendle Community Hospital Leeds Road, Nelson, BB9 9SZ Tel No: 01282 804983</p>	<p>Tuesday 8.30 am – 10.30 am Thursday 12.30 pm - 2.45 pm</p>
<p>Rosendale Primary Health Care Centre Bacup Road, Rawtenstall, BB4 7PL Tel No: 01706 235398</p>	<p>Wednesday 8.45 am – 2.30 pm</p>
<p>Accrington Pals Health Centre 1 Paradise Street, Accrington, BB5 2EJ Tel No: 01254 736018</p>	<p>Tuesday 8.45 am– 11.00 am Thursday 12.30 pm – 2.45 pm</p>
<p>Clitheroe Community Hospital Chatburn Road, Clitheroe, BB7 4JX Tel No: 01200 449030</p>	<p>Monday 1.45 pm – 4.15 pm Thursday 8.15 am – 10.30 am</p>