

**SELF REFERRAL TO
NHS PHYSIOTHERAPY
IS NOW DONE OVER
THE PHONE THROUGH
NHS 24**

0800 917 9390

UNLESS:

- You are Under 16 – whereby the referral must come from a GP.
- You are struggling to cope with falling or mobility. You can contact adult services in Nairn Primary Care Centre who will direct a referral to physiotherapy if necessary.
They can be contacted on 01667 422702