

Tyneside Integrated Musculoskeletal Services



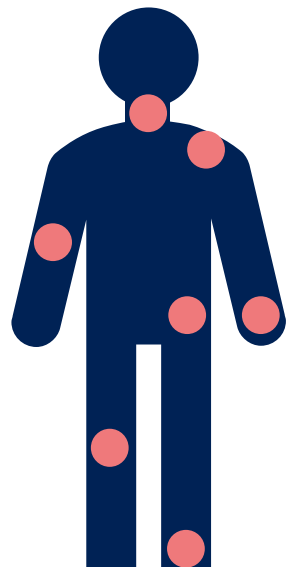
Aches and pains can be a normal part of life but can prevent you from carrying out your usual day-to-day activities. The good news is that most of the conditions that cause these aches and pains can be easily treated by you in your own home. Tyneside Integrated Musculoskeletal Services (TIMS) aim is to help support you to get the right care, in the right place, first time, by providing advice and information from their dedicated team.

ASK

Are you experiencing pain in one, or more, of the following places?

**Back – Elbow – Foot/ Ankle –
Hand – Hip – Knee – Neck –
Shoulder**

Have you experienced this pain for 6 or more weeks?



ASSIST

Most problems should settle within 6 weeks and may respond to simple treatments/self management.

Following the advice found on the TIMS website can help relieve your pain without needing to visit a health care professional.

ACT

Visit the TIMS website for self care advice.

If you have tried self care but still need further help you could try the TIMS Helpline or make a self referral.

Visit www.tims.nhs.uk/ for more information and support





THE PATIENT JOURNEY

Do you have a problem that affects your neck, back, bones, joints or muscles?

YES

NO

Book
with GP

Are you feeling unwell at the moment?

NO

YES

Book
with GP

Would you be happy to see a physiotherapist rather than the GP?

Refer yourself to TIMS

www.tims.nhs.uk/

0191 4456319

NO

Book
with GP

