

How do I get physiotherapy or a walking aid?

If you would like to see a physiotherapist and are over 16 years old, then you can **Self-Refer** into West Lothian Musculoskeletal (MSK) Physiotherapy Service.

Print or fill out the form online at [West Lothian – Musculoskeletal Physiotherapy](#) or ask for a paper copy from your local GP Practice.

Complete the form and send it to:

Physiotherapy Self Referral,
Physiotherapy Department,
St John's Hospital at Howden,
Howden Road West,
Livingston EH54 6PP

You will be added you to the waiting list. Waiting times may vary.

If under 16 years old, see your GP. Your GP will refer you.

Self help advice is available from <https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints>

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