

Spinal Drop - in Clinic

Spinal Drop-in clinic is for:

- Assessment & management of neck, mid-back or lower-back pain which may include pain radiating to the arm or leg for those aged 16 yrs and over.

Before attending, we advise:

- Consult your GP as adequate pain relief is essential to facilitate your recovery.
- Take appropriate medication & stay active as per the national guidelines for management of back pain, visit www.nhsinform.co.uk/msk/back for more information.

At the clinic:

- You will be expected to complete a questionnaire so bring reading glasses if necessary.
- Bring a list of all your current medication.
- You may be expected to undress for examination so bring shorts/vest top if you prefer.
- Your assessment may last for up to 1 hour
- You must be able to speak English or bring someone with you who can. If not you need to contact the Physiotherapy Department to arrange an alternative appointment with an interpreter.

Please note:

- You may attend any of the venues listed.
- There may be a wait before being seen.
- On occasions the clinic may be full and therefore you will be offered an alternative appointment.
- These clinics do not operate on bank holidays

<p>Integrated Musculoskeletal Service (IMS) 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 8.30 am – 1.45pm</p>
<p>Burnley General Hospital Casterton Avenue, Burnley, BB10 2PQ Tel No: 01282 803294</p>	<p>Monday 12.15 pm – 4.30 pm</p>
<p>St Peter's Primary Health Care Centre Church St, Burnley, BB11 2DL Tel No. 01282 805507 / 803294</p>	<p>Thursday 8.00 am – 12.00 pm</p>
<p>Pendle Community Hospital Leeds Road, Nelson, BB9 9SZ Tel No: 01282 804962</p>	<p>Tuesday 8.30 am – 10.30 am Thursday 12.45 pm - 2.45 pm</p>
<p>Rossendale 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 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 Wednesday 8.15 am – 10.30 am</p>