

Sheffield Aches and Pains

A unique online resource created to help you manage your aches and pains.

- Five websites: Back and neck, foot and ankle, hip and knee, shoulder, hand and elbow.
- Downloadable patient information sheets and video exercise demonstrations.
- Created and supported by local health care professionals

www.sheffieldachesandpains.com

If you wish to raise concerns about any aspect of your care, contact Sheffield Patient Services.

This service is confidential and can be contacted Monday to Friday, 9am - 5pm.

Tel: 0114 271 2400

Email: sth.pals@nhs.net

Patient Services Team
Royal Hallamshire Hospital
Glossop Road
Sheffield
S10 2JF

PD7691-PIL4078v3



Sheffield Teaching Hospitals
NHS Foundation Trust

PhysioWorks

If you need to cancel your appointment please telephone the Single Point of Access on:

 **0114 271 1633** or **0114 237 1030**

Monday to Friday 8am - 8pm

Saturday 8am - 2pm

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