



My On-Demand Physio

Suffer from aches and pains? You're not alone.

In fact, 6.6 million working days were lost due to work-related musculoskeletal disorders last year* – the main causes of these were manual handling, awkward or tiring work positions and keyboard work, or repetitive actions. Left untreated, these conditions can become debilitating and mentally draining.

My On-Demand Physio gives you direct access to a qualified Physiotherapist. They'll organise a phone or video call with the most appropriate medical professional. You'll get a personal diagnosis and recovery programme, with ongoing support throughout.

Call 0113 229 1308 to access the On-Demand Physio helpline.

Booking lines are open 8am – 6pm Monday to Friday

Appointments are available 8am – 8pm Monday to Friday

My On-Demand Physio is provided on behalf of Health Shield by Physio Med.

*Health and Safety Executive, 2018

Discover more at healthshield.co.uk

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This is a Financial Promotion.