health shield
The best of health

On-Demand Physio

Professional support for better movement

On-Demand Physio gives you quick and easy access to expert physiotherapy consultations, helping you manage aches and pains from the comfort of your own home. Benefit from personalised advice, tailored exercise plans, and ongoing care to support your recovery and keep you moving comfortably.



Swift access to expert care

No need to wait for relief. With On-Demand Physio, you can connect to a Chartered Physiotherapist via phone or video call to assess your symptoms, get a clear diagnosis, and start a customised treatment plan. It's designed to provide the expert guidance you need when you need it.

Personalised treatment at home

From your first consultation, you'll receive advice tailored to your condition and lifestyle. Your physiotherapist will create a video exercise programme to help you follow through with home-based therapy. Need extra support? Follow-up appointments can be booked within 10 working days to monitor your progress and adjust your plan as needed.

Comprehensive support for your recovery

For cases requiring face-to-face treatment, your physiotherapist can arrange referrals to ensure you receive the hands-on care you need. With appointment availability from 8am to 8pm Monday to Friday, fitting physiotherapy into your schedule has never been easier.

Wellbeing Service

How **On-Demand Physio** supports you :

- **Convenient consultations**
  Access expert advice from home with phone or video calls.
- **Ongoing support**
  Follow-up assessments to keep your recovery on track.
- **Tailored exercise plans**
  Step-by-step programmes designed to support your specific recovery goals.
- **Referral options**
  Face-to-face care referrals if needed for more intensive treatment. Flexible scheduling.

On-Demand Physio is delivered on behalf of Health Shield by PhysioMed, connecting you to a network of over 780 physiotherapy practices and 2,500 Chartered Physiotherapists throughout the UK. Wherever you are in your recovery, we're here to help you feel your best.

Discover more at **healthshield.co.uk**