**Letter/email to state MPs - consumers**

Dear [state MP for my electorate],

I rely on my physio for pain management and to keep me moving. I haven’t been able to see my physio face to face for many months due to the restrictions that have been in place.

Little niggles are now becoming more difficult to manage and telehealth just isn’t enough. Not being able to see my physio for the treatment I need to keep me healthy and moving worries me as I am concerned I may end up needing treatment in hospital or having to take avoidable pain medication.

I trust my physio to keep me safe in a face-to-face appointment and I know they have my best interests at heart at all times. It is just not right that I can visit my hairdresser or meet a mate for a drink but, I can’t see my physio when I need to.

I, and all the other patients who rely on physio, plead with you to take the long-term health effects of these rules into serious consideration and let us have full access face-to-face physiotherapy care in regional Victoria.

Yours sincerely

[Name]