

PHYSIOTHERAPY SELF REFERRAL FORM



Please complete this form and return to your local GP Practice or Physiotherapy Department

Name: _____

Today's date: _____

Address: _____

GP Name/ Surgery: _____

Date of Birth: _____

Contact Phone Numbers: Home _____

Work/mobile: _____

May we leave a message at these numbers?

If you require an Interpreter- which language?

Please give a brief description of why you would like a Physiotherapy assessment and how your problem is affecting you?

Please circle your answers below:

- | | | | |
|---|-----|----|-----|
| Have you consulted your GP about this problem? | Yes | No | |
| Are you off work with this problem/ struggling to stay at work? | Yes | No | N/A |
| Is your sleep disturbed? | Yes | No | |
| Are you able to carry out your normal activities? | Yes | No | |
| Are you unable to care for a dependant because of this problem? | Yes | No | |
| Are you in severe pain? | Yes | No | |
| Do you work for a small company or are you self-employed? | Yes | No | |

How long have you had this complaint? Days Weeks Months Years

Please tell us of any existing medical conditions/ health problems you have and what medications you are taking:

Do you have back pain with leg pain have you had any difficulties passing urine or any loss of control from either your bladder or bowels, or any numbness around your genital area?

If yes, please contact your GP urgently

Have you had any other symptoms, such as numbness, tingling, muscle weakness or unsteadiness, weight loss without trying? If yes please give details:

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You can now see a Physiotherapist without having to see your GP first. You can fill in this form and return it to the Physiotherapy Department either in person or by post. Forms are available from the Physiotherapy Department or your GP Practice.

If you work for the NHS you can self-refer online to the Occupational Health Physiotherapy Service via the Intranet.

Why Physiotherapy?

Physiotherapy can be particularly beneficial if you are suffering from low back pain, neck pain, recent injuries such as strains and sprains, or joint and muscular pain.

Made a referral, what next?

A Physiotherapist will look at your form. We will then contact you with an appointment based on the information you have supplied. Depending on the nature of your condition you may be placed on a waiting list for Physiotherapy. If you have any concerns or your condition worsens you should make an appointment with your GP.

What can I do to help myself?

Research has shown that resting for more than a day or so does not help and may actually prolong pain and disability. You may need to modify your activities initially, but the sooner you get back to normal activity the sooner you will feel better. Getting stiff joints and muscles working can feel a bit sore initially, this is normal and often a good sign that you are making progress. Changing your position or activity frequently through the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.

Painkillers

Over the counter painkillers can be helpful.

A pharmacist will be able to advise you on the appropriate tablets. If your symptoms continue to worsen you may need to see your GP.

Hot or Cold?

You can put ice on a recent sprain/ strain. Use a pack of frozen peas wrapped in a damp towel for 10 minutes.

If your symptoms occurred a long time ago you may find it responds better to heat and that holding a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces pain.

NB: Be aware that both hot and cold treatments can burn and that you need to check (every 5 minutes) that your skin is not becoming very red or blotchy. If this happens, stop.

For further self-help, you may find the following website helpful:

www.nhsinform.co.uk