

Who suggested physiotherapy? GP  friend  healthcare professional

Or was it your own idea? Yes  No

How long have you had this complaint?  
(Please tick) Days  Week  Months  Years

Is the problem New  Return of old problem

Are your symptoms worsening? Yes  No

Are you able to carry out your normal activities? Yes  No

Are you off work/unable to care for a dependant because of this problem?  
Yes  No  Not applicable

If you have back pain with leg pain, have you had any difficulties passing or controlling urine?  
Yes  No  If yes, please give details

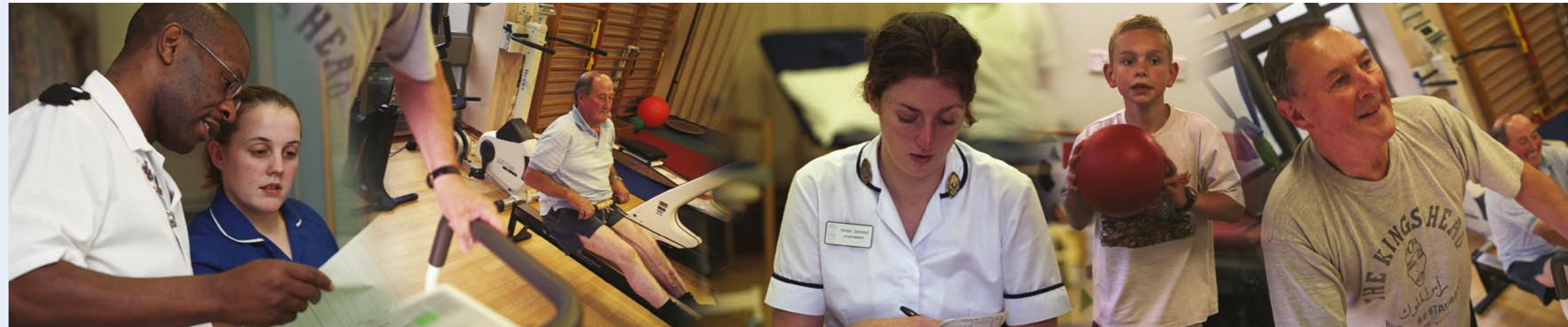
Have you suddenly lost any weight without trying?  
Yes  No  If yes, please give details

Have you had any other symptoms, such as numbness, tingling or muscle weakness?  
Yes  No  If yes, please give details

Where did you pick up this form?

Please return this form to:  
[insert contact details label here]

**contact:**  
[insert contact details label here]



## Do you need physiotherapy?

## Do you think you need physiotherapy?

You can now see a physiotherapist without having to see your GP first.

A form is attached to this leaflet. You can also pick up forms from the physiotherapy departments at your local hospitals or you can download them from their website.

If you have any concerns you can always be referred for physiotherapy in the usual way by your GP – please make an appointment as usual.

Unfortunately this service is not available if you are under 16 or have neurological, breathing or gynaecological problem.

## Not sure if physiotherapy is right for you?

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.

## What will happen 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 you should make an appointment with your GP.

## What can I do to help myself in the meantime?

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 be painful, but this is a normal response and not a sign of damage. Feeling a bit sore initially is also 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 wish to see your GP.

## Hot or cold?

If you have an old injury, you may find that holding a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces pain, while for a new injury (hot and swollen joint) you can use a pack of frozen peas wrapped in a damp towel for 10 minutes.

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

## Referring yourself to physiotherapy

Please complete this form to refer yourself to physiotherapy and return it to the physiotherapy department at your local hospital.

Name	Today's date	
Address	Your GP's name	
e-mail	Your GP's surgery address	
Date of birth		
Your Phone numbers – Can we leave a message at these numbers?		
Phone no. (home)	Yes	No
Phone no. (work)	Yes	No
Phone no. (mobile)	Yes	No
Do you require an interpreter? If yes, which language?	Yes	No
Please give a brief description of why you want a physiotherapy assessment:		