



# Do you think you need Physiotherapy?

## How to refer yourself for outpatient physiotherapy Information for patients and carers

### What is self-referral to physiotherapy?

This means that you can now see a physiotherapist without having to see your GP first.

### Is physiotherapy right for me?

Physiotherapy can be helpful if you have problems with any of the following:

- Back pain
- Neck pain
- Strains and sprains
- Joint or muscle problems

If your problem is:

- Not improving
- Causing you to have difficulties at work or with carrying out your normal activities
- Causing your sleep to be disturbed

..then physiotherapy may be able to help.

How do I contact the physiotherapist?

You will need to complete a referral form which will give the physiotherapist some information about the problems you are having. You can get a referral form from your GP practice or from your local physiotherapy department.

### Can everyone use this service?

This service is not available if you are under 16 years of age.

### What happens next?

Once we receive your referral form, a physiotherapist will look at it. We will then contact you either to discuss your problem or to arrange an appointment with the physiotherapist, based on the information in your form. Depending on the nature of your problem, you may be placed on a waiting list for physiotherapy. At your first appointment you will be assessed. We will advise you of the options available to help with your problem and help you to decide what the best plan is for you.

### Will my GP know if I have referred myself for physiotherapy?

Yes. Once you have completed your physiotherapy, we will write a letter to your GP advising that you have attended the service and what we have done. We may also need to liaise with your GP either when we receive your form or during the course of any treatment if we need any further information.

### 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 at first, but the sooner you get back to normal activities, the sooner you will feel better. Getting stiff joints and muscles working again can be a bit sore at first. However, this is quite normal and is often a good sign that you are making progress. Changing your position or activity frequently throughout the day will also help to prevent or reduce stiffness. Try to build up your activity gradually.

What else might help?

If you have an old injury then you may find that holding a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces the pain. If you have a new injury then you can use a pack of frozen peas or similar wrapped in a damp towel for 10 minutes.

**Be aware that hot and cold can burn. Check your skin every 5 minutes. If your skin becomes very red or blotchy, stop using heat / cold right away.**

What about painkillers?

Over the counter painkillers can be helpful. A pharmacist can advise you on the appropriate tablets.

Useful contact details:

If your problem gets worse or if you are worried about your problems, you can contact: **NHS24, Tel: 08454 24 24 24 or speak to your pharmacist or GP.**

*This leaflet is also available in larger print and on computer disk. Other formats and languages can be supplied on request. Please call Quality Development on (01224) 544149 for a copy. Ask for leaflet 1279.*

*Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let NHS Grampian know.*

### **What happens next?**

Your completed form can either be hand delivered or posted to any of the out-patient physiotherapy clinics listed below:

Physiotherapy Department	Aberlour Medical Practice, Queens Road, Aberlour, AB38 9PR
Physiotherapy Department	Dr Gray's Hospital, Elgin, IV30 1SN
Physiotherapy Department	Leancoil Hospital, Forres, Moray, IV36 2RE
Physiotherapy Department	Rinnes Medical Group, Mount Street, Dufftown, AB55 4FJ
Physiotherapy Department	Seafield Hospital, Barhill Road, Buckie, AB56 1EJ
Physiotherapy Department	Turner Memorial Hospital, Keith, AB55 5DJ

### **How will I be contacted?**

You will either be sent a letter asking you to contact the department to arrange an appointment, or someone may telephone you to arrange it. Please ensure that all your contact details have been included on this form **including a day-time telephone number**.

### **How long will I have to wait before I am offered an appointment?**

A physiotherapist will look at your form and an appointment will be planned based on the information you have supplied. Depending on the nature of your problem, you may be placed on a waiting list for physiotherapy. The waiting time for physiotherapy varies depending on the demands on the service and it may be several weeks before we can see you.

### **Do I have to take anything with me to my physiotherapy appointment?**

You may be asked to provide further information on your general health. Please bring with you a list of any medication that you are currently taking. If you have a back or lower limb problem, then please bring a pair of shorts with you to change into.

### **Will the information I have provided be shared with anyone else?**

Sometimes we may need to contact your GP if we require further information to help us decide if physiotherapy is appropriate for you. If you are seen by the physiotherapist then your GP will be informed of this.

### **Can the physiotherapist see me at home?**

This form is only for people who are able to attend an out-patient clinic.

### **What should I do if my problem gets worse whilst I am waiting for an appointment?**

If you feel your problem is worsening and you have concerns about your problem, then you should contact your GP or NHS24 (08454 24 24 24)

**Please note that if you have a continence problem and have any bleeding from either your front or back passages, then please see your GP first.**



**OUT-PATIENT PHYSIOTHERAPY – SELF REFERRAL FORM**  
**Please complete this form as fully as possible, using a black pen**

Today's Date:	
Full Name:	
Date of Birth:	
Address:	
Postcode:	

Home Tel No:	
Work Tel No:	
Mobile No:	
GP Name:	
GP Practice:	

Are you off work because of this problem: Yes  No  Not Applicable

Please describe your problem:.....  
 .....

How long have you had this problem for? :.....

Since it began is the problem: Improving  The same  Worsening  Variable

Is your sleep disturbed by this problem? Yes  No

Have you had this problem before? No  Occasionally  Often

Has anything helped in the past? .....

Have you seen your GP or another healthcare practitioner about this problem? Yes  No

If YES please give details.....

Is there anything you cannot do because of this problem? .....

On a scale of 0-10 please score your pain, where 0 is no pain and 10 is worst possible pain (mark with an X on the line below:

0.....10

Do you have any of the following problems: Pins & needles  Numbness  Weakness

If you have any of these symptoms, then please describe where? .....

Do you have any on-going or previous problems with your health? Please provide brief details (e.g. diabetes).....  
 .....

It is important that you **complete this form as fully as possible**. Please check over the information you have provided. Please note we cannot take responsibility for any information that has been withheld.

**I agree** that the information that I have provided in this form is accurate and may be shared with my GP.

**I consent** to relevant medical information being released from my GP if required.

Signature.....	Date.....
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