

**Do you need physiotherapy?**

**The CharTereD SoCieTy of PhySioTheraPy**

# Do you think you need physiotherapy?

PHT staff who have completed the Self-Referral form below, can now see a physiotherapist without having to go back to see their GP again to refer them.

Concerning your musculoskeletal problem, you may have seen your GP and following an examination, you may have been asked to either rest for a period of time, or to try some recommended exercises to see if your symptoms improved. The GP Directed Self-Referral form will have been completed with you and a suggested period of time would have been given to you, so that if you saw no improvement, then it would be appropriate for you to see a physiotherapist for further advice.

In all cases, please return the form to Physiotherapy Reception at Poole Hospital who will in turn send to the appropriate service that will be in touch with an appointment.

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

# What will happen next?

A physiotherapist will look at your form. They 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.

# Please return your form to:

Physiotherapy Department

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

BH15 2JB

Telephone 01202 442234

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Name

Address

e-mail

Date of birth

Today’s date

Your GP’s name

Your GP’s surgery address

What date did you first visit GP about the problem?

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

Is the problem: New Return of old problem

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? No Yes If yes, which language?

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 dependent because of this problem? Yes No Not applicable

Please give a brief description of why you want a physiotherapy assessment:

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

Have you been doing suggested exercises since visiting your GP?

**Poole Hospital NHS Foundation Trust**

**Occupational Health and Therapy Services Departments**

**STAFF PHYSIOTHERAPY SERVICE**

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What is your occupation? ………………………………………………………

Which department do you work in at PHFT? ………………………………………………………

Are you currently off sick with this problem? Yes / No

If yes, how many days to date?: ……….. days

Is this an injury that happened at work? Yes / No

If yes, was an AIR’s form completed? Yes / No

*Please return this form to:*

Physiotherapy Reception

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

BH15 2JB