

Self Referral to Penrith Physiotherapy Service

Follow these **two simple steps** to refer yourself to Physiotherapy

1. Complete this form **fully** and return it to Penrith Physiotherapy Dept (address overleaf)
2. Allow 2 days (for hand delivered forms) or 5 days (for posted forms) **then ring us to make your appointment.**

Full Name: _____	GP Name / Practice: _____
Date of Birth: ___/___/___	Date of Referral: ___/___/___
Address: _____	Occupation: _____
Post code: _____	
Phone Number (Home): _____	OK to leave message: Yes <input type="checkbox"/> No <input type="checkbox"/>
(Work): _____	OK to leave message: Yes <input type="checkbox"/> No <input type="checkbox"/>

1. Please give a brief description of your problem and why you would like a physiotherapy assessment.

2. How long have you had this complaint? _____

3. Are you off work because of this problem? Yes No

If yes, for how long? _____

4. Please give details of any other treatment or tests you have received for these symptoms:

5. If you have back and/or leg pain, have you developed problems with your bladder or bowel control? Yes No

6. Have you had any sudden, weight loss without trying? Yes No

7. Have you had any other symptoms, such as numbness, tingling or muscle weakness?

Yes No (If yes, please give details)

8. Please list any current or past medical conditions.

Do you need Physiotherapy?

Do you think need you need physiotherapy?

You can now see a physiotherapist without having to see your GP first, by filling in the form on the reverse of this leaflet. You can also pick up forms from your GP surgery.

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.

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. You can also see a physiotherapist if you are a man or woman suffering with incontinence.

Unfortunately this service is not available if:

- you want to see a physiotherapist about a neurological or breathing problem
- you need a home visit
- you are under secondary school age (please note if you are under 16 you will need a parent or guardian to come to the assessment with you)
- if you want physiotherapy following a recent operation you will need a referral from your surgeon

Please see your GP if you fall into one of these categories.

What will happen next?

A physiotherapist will look at your form and then our admin staff will generate a referral for you on our booking system. This will take about 48 hours. After this time please ring us (01768 245 585) to make your appointment. If you have posted your referral rather than handing it in please allow 5 days for us to receive and process your referral.

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.

Pain Relief?

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. 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. Please 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:

**Physiotherapy Department
Penrith Hospital
Bridge Lane
Penrith
Cumbria
CA11 8HX
Tel: 01768 245 585**