

### Do you think you need physiotherapy?

If you are a registered patient at Crawley Down, Judges Close, Moatfield or Ship Street Surgery, 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 department at the Queen Victoria Hospital or you can complete it online or download one from our website:

[www.qvh.nhs.uk](http://www.qvh.nhs.uk)

- > Our services
- > Therapies
- > Musculoskeletal physiotherapy

At this address you will also find some self-help leaflets for common conditions that you may wish to use initially.

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.

### 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. 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.

Reducing pain is important as this will help you to get better. Any form of pain relief that helps should be used e.g. heat, cold or TENS.

### Referring yourself to Physiotherapy

Please complete this form to refer yourself to physiotherapy and return it to:

Physiotherapy Department  
Queen Victoria Hospital  
Holtye Road  
RH19 3DZ

Phone 01342 414004

Please note getting a referral directly from your GP will not be quicker than self-referral, neither will a self-referral give you fast track access to physiotherapy.

Name:	Today's Date:
Date of Birth:	Occupation:
Address:	Your GP's name:
Postcode:	Your GP surgery:
Your phone numbers – can we leave a message at these numbers?	
Home:	Yes <input type="checkbox"/> No <input type="checkbox"/>
Work:	Yes <input type="checkbox"/> No <input type="checkbox"/>
Mobile:	Yes <input type="checkbox"/> No <input type="checkbox"/>
Email:	
Do you have any special requirements (e.g. interpreter)? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Please describe:	
Is your pain or problem due to a recent fall or injury? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Please describe your current pain, problem or symptoms below:	
How long have you had your current problem?	Is your problem getting: Worse <input type="checkbox"/> Better <input type="checkbox"/> Not changing <input type="checkbox"/>
Is the problem: New <input type="checkbox"/> Return of an old problem <input type="checkbox"/>	Have you been treated for this at QVH before? Yes <input type="checkbox"/> No <input type="checkbox"/>

Is your pain constant (present ALL the time)? Yes  No

If in pain, how would you describe it?  
Mild  Moderate  Severe

Is pain disturbing your sleep? Yes, difficulty getting to sleep  No   
Yes, woken up from sleep  Yes, unable to sleep at all

Are you off work because of this problem? Yes  No  N/A   
If yes, how long?

Are you unable to care for/look after someone because of this problem?  
Yes  No  N/A

Is your problem from an injury sustained during military service?  
Yes  No  N/A

Are your day to day activities affected by your pain?  
Not at all  Mildly  Moderately  Severely

Brief details of relevant medical history:

Any current medications:

Who suggested physiotherapy to you, or was it your own idea?  
GP  Friend  Own idea  Other

**Please consult you GP URGENTLY or call free 111 (dial 111) if you have recently or suddenly developed:**

- difficulty passing urine or controlling bladder/bowels
- numbness or tingling around your back passage or genitals
- numbness, pins and needles or weakness in both legs

**Please see your GP to discuss this referral if you:**

- have recently become unsteady on your feet
- are feeling generally unwell or feverish
- have a history of cancer
- have any unexplained weight loss



## Do you need Physiotherapy?

Self-referral for patients of Crawley Down, Judges Close,  
Moatfield & Ship Street Surgeries