

Tell us about it

We are always trying to improve our service and welcome any suggestions, comments or concerns. In the first instance please bring them to the attention of the

MSK Operational Leads on: 023 9268 0056

Alternatively, contact Solent **Patient Advice & Liaison (PALS) and Complaints Service**

PALS support line: **0800 0132319**
Email: **SNHS.schpatientexperience@nhs.net**
Website: **www.solent.nhs.uk**

Once Your Self-Referral Form is Completed IN FULL

return the completed Form to the

**Central Booking Department for
MSK Physiotherapy Appointments
which is located at**

St Mary's Community Health Campus

Physiotherapy Outpatient Department
1st Floor, Block A
Milton Road
PORTSMOUTH
PO3 6AD

Contact Details

Central Booking Line for MSK Physiotherapy

Tel No: 023 9268 0067

Fax: 023 9268 0051

eMail: SNHS.MSK-Physiotherapy-Referrals-Portsmouth@nhs.net

Lines are open: **Monday 08:00 – 14:00**
Tuesday - Friday 08.00 – 12:00

Please Allow Four Days

from submitting your Self Referral Form before contacting us to make an appointment



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Solent **NHS**
NHS Trust

Self Referral to Physiotherapy

The method of how you contact MSK Services to book a Physiotherapy appointment has changed.

It is no longer necessary for you to see your GP for a referral to our services.

To book an appointment to see a Physiotherapist, you can fill in this referral form (see over) and send it to us by

- * Posting it to the address supplied
- * Handing it to your GP Surgery Reception Team who will forward it for you
- * Fax or email it to us via the contact details supplied



Physiotherapy Self-Referral Form

Please ensure this is completed fully to prevent delays in us being able to process your appointment

NAME: _____ Date of Birth: _____

ADDRESS: _____ Post Code: _____

Contact No: _____ NHS Number: _____

GP Name: _____ GP Surgery: _____

Signature: _____ Date: _____

Please choose where you would like to receive your treatment

Queen Alexandra Hospital

St Mary's Community Health Campus

Please give a brief description of why you need Physiotherapy

How long have you had this complaint?

Is the problem New Ongoing

Are the symptoms worsening? Yes No

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

Are you off work with this problem? Yes No Not Applicable

Are you having difficulty sleeping? Yes No

For back pain referral only

Do you currently have leg pain? Yes No

If yes, have you had any difficulties passing or controlling urine? Yes No

If Yes – please contact your GP Immediately

Have you suddenly lost any weight without trying? Yes No

If Yes, please give details

Have you any other symptoms such as numbness, tingling or muscle weakness

Yes No

If Yes, please give details

What conditions can be treated?

The Physiotherapy Service helps patients regain their health and independence after an injury or operation. It also helps people with long term conditions.

Physiotherapy can help with a range of muscle and joint problems including **back pain in the lower or middle back, neck pain, recent injuries such as strains and sprains and joint or muscle pain.**

How do I self refer?

Just follow these three steps to book an appointment:

- 1** Complete the Self-Referral form on the page opposite, filling it out honestly and with as much information as possible to give us a clear understanding of your condition.
- 2** Return the completed Self-Referral Form to the Central Booking Department for MSK Physiotherapy Appointments via the contact details supplied
- 3** Four days from submission of your Self-Referral Form, contact the Central Booking Line Number (as given) - between the times stated - to organise your appointment