

# Self Referral to Physiotherapy

## Tell us about it.

We are always trying to improve our service and welcome any suggestions, comments or complaints. In the first instance please bring them to the attention of the Physiotherapy Service Manager on 023 9286 6811. Alternatively our Patient Experience Service (PES).

PES support line: **0800 0132 319**

Email: [patient.experience@ports.nhs.uk](mailto:patient.experience@ports.nhs.uk)

Website: [www.solent.nhs.uk](http://www.solent.nhs.uk)

## Make sure

your physiotherapy self referral form is completed in full.

**Then return the self referral form to the department where you wish to be treated.**

**Please choose from one of the following:**

### Queen Alexandra Hospital

Fax: **023 9228 6552**

#### After two days

of submitting your self referral form contact us on the appointment line number: **023 9228 6845.**

Lines are open: **Monday 9am - 12pm and 1.30pm - 4pm**  
**Tuesday - Friday 10am - 12pm and 1.30pm - 4pm**

### St Mary's Hospital

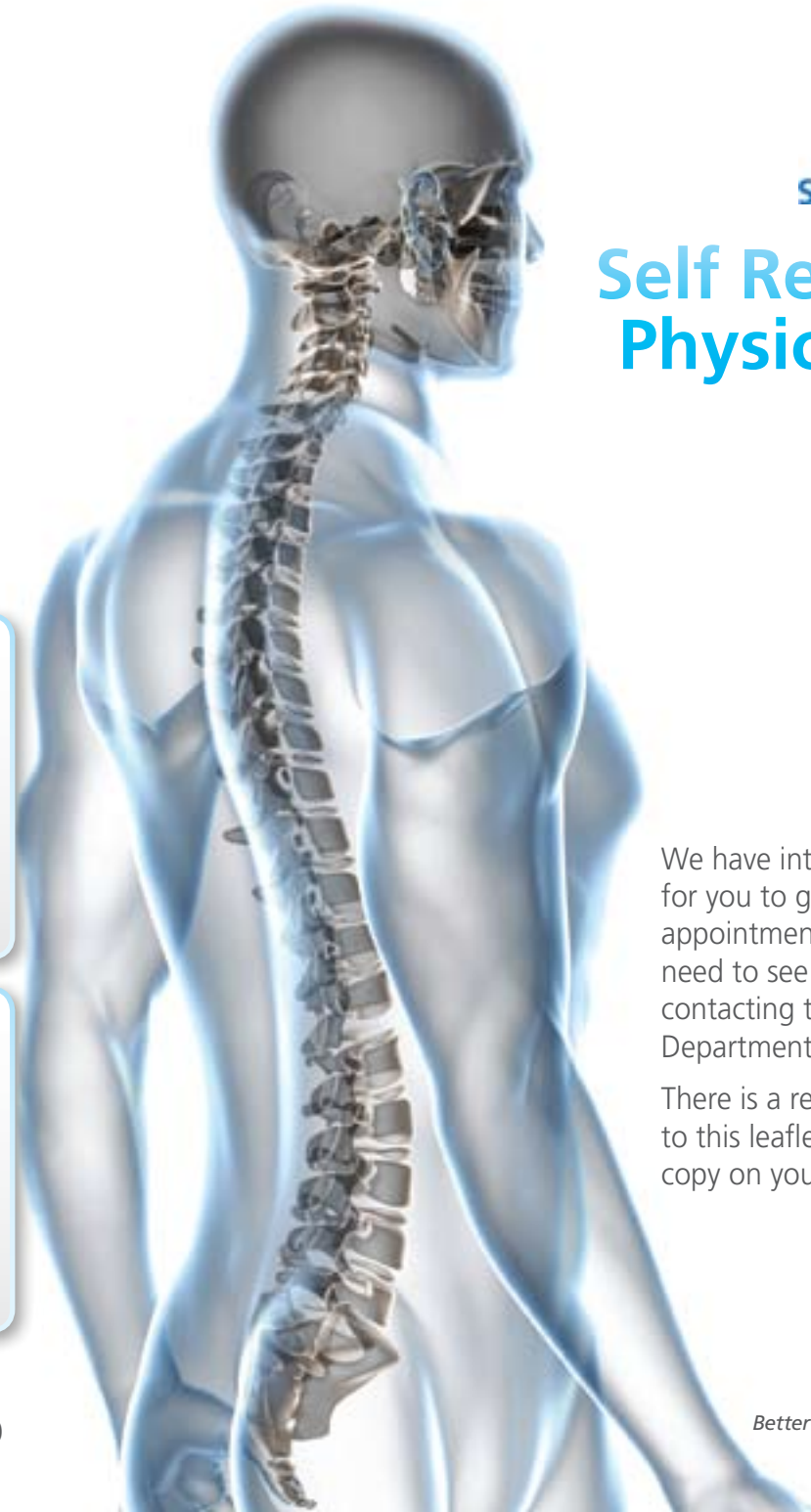
Fax: **023 9286 6830**

#### After two days

of submitting your self referral form contact us on the appointment line number: **023 9286 6817.**

Lines are open: **Monday - Friday 8.30am - 11am**  
**and 1.30pm - 4pm**

For a translation of the document, an interpreter or a version in large print, Braille or audio, please contact Access to Communication on **023 8024 1300**



We have introduced a new way for you to get a physiotherapy appointment. Now you do not need to see your doctor before contacting the Physiotherapy Department.

There is a referral form attached to this leaflet, or you can find a copy on your GP Surgery website.

## 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 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 self referral form to the department you wish to be treated at either:  
**Queen Alexandra Hospital:** Physiotherapy Department, Rehabilitation Building, Queen Alexandra Hospital, Cosham, Portsmouth PO6 3LY  
OR  
**St Mary's Hospital:** Physiotherapy Department, Finchdean House, St Mary's Community Hospital, Milton Road, Portsmouth PO3 6AD  
or alternatively, give your form to your surgery receptionist and they will fax a copy to the Physiotherapy Department.

**3** After two days of submitting your self referral form contact us on the appointment line number:  
**Queen Alexandra Hospital: 023 9228 6845**  
Lines are open: Monday 9am - 12pm and 1pm - 4pm  
Tuesday - Friday 10am - 12pm and 1pm - 4pm  
**St Mary's Hospital: 023 9286 6817**  
Lines are open: Monday - Friday 8.30am - 11am and 1.30pm - 4pm

## Physiotherapy self referral form

Name..... Date of birth.....

Address .....  
..... Post code .....

Contact number .....

GP name..... GP surgery.....

Signed ..... Date .....

Please choose where you would like to be treated:

Queen Alexandra Hospital  St Mary's Hospital

**On the lines below, 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

Have you had back pain with leg pain and associated 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 had any other symptoms such as numbness, tingling or muscle weakness? Yes  No

If yes, please give details .....

