

Physiotherapy Patient Self-Referral Form

Patient and GP Details	<input type="checkbox"/> Urgent	<input type="checkbox"/> Routine
NHS No	Address	
Title		
Forename	Postcode	
Surname	Date of Birth	
Tel Home	Occupation	
Tel Work	GP Name	
Tel Mobile	GP Surgery	
Is it ok to leave messages on... Home: <input type="checkbox"/> Y / N <input type="checkbox"/> Work: <input type="checkbox"/> Y / N <input type="checkbox"/> Mobile: <input type="checkbox"/> Y / N <input type="checkbox"/>		

Referral details		
Why do you want physiotherapy? (i.e. back pain) (Please note only one problem can be treated per referral)		
How long have you had this problem?		
Is the problem? <input type="checkbox"/> new / <input type="checkbox"/> on-going		
Are you signed off sick for the problem?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
If so, how long have you been off sick?		
Have you had physiotherapy for this problem before?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
If yes; how long ago?		
How disruptive are the symptoms for your activities of daily living?		
<input type="checkbox"/> Severe <input type="checkbox"/> moderate <input type="checkbox"/> minimal		
How is it progressing? <input type="checkbox"/> Improving <input type="checkbox"/> Same <input type="checkbox"/> Worse		
Does this problem wake you every night?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
Have you seen your GP about this problem?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
If yes, did your GP advise you to see a physiotherapist?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
For back pain referral , do you currently have leg pain?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
If yes, have you had any difficulties passing or controlling urine? (If yes contact your GP immediately)		<input type="checkbox"/> Yes / No <input type="checkbox"/>
Have you suddenly lost any weight without trying?		<input type="checkbox"/> Yes / No <input type="checkbox"/>
If yes, please give details...		
Have you had any other symptoms such as numbness, tingling or muscle weakness?		

Please return the form to the physiotherapy department as soon as possible. Upon receipt of the completed form, it will be prioritised by a physiotherapist who will contact you to make an appointment. Meanwhile we request your detailed medical summary from your GP; hence it is mandatory to put your details correctly, including the NHS Number.

I agree that the information I have provided is accurate and can be shared with my GP and other health care professionals.

Signature:

Date:.....\.....\.....



The department services are commissioned by NHS Great Yarmouth and Waveney therefore patients registered with the following GP surgeries can be treated by us on the NHS.

Alexandra Road Surgery - Lowestoft
 Crestview Surgery - Lowestoft
 Andaman Surgery - Lowestoft
 Beccles Medical Centre
 Bridge Road Surgery - Oulton Broad
 Bungay Medical Centre
 Central Surgery - Gorleston
 Ormesby Surgery
 Hemsby Medical Centre
 North Caister Medical Centre
 Martham Medical Centre
 Cutlers Hill Surgery - Halesworth
 Falkland Surgery - Bradwell
 Family Health Centre - Gorleston
 Fleggburgh Surgery
 Gorleston Medical Centre
 Hopton Surgery
 Greyfriars Health Centre - Great Yarmouth
 High Street Surgery - Lowestoft
 King Street Surgery - Great Yarmouth
 Kirkley Mill Health Centre- Lowestoft
 Longshore Surgeries - Kessingland and Wrentham
 Marine Parade Surgery - Lowestoft
 Oulton Medical Centre - Oulton
 Millwood Surgery - Bradwell
 Nelson Medical Practice - Great Yarmouth
 Newtown Surgery - Great Yarmouth
 Caister Health Centre
 Park Surgery - Great Yarmouth
 Rosedale Surgery - Carlton Colville
 South Quay Surgery - Great Yarmouth
 Southwold Surgery
 Victoria Road Surgery - Oulton Broad
 Westwood Surgery – Lowestoft

Physiotherapy

We aim to see patients within 7 days of contacting us.

The Department is committed to providing the highest possible standard of physiotherapy care to all patients and provides outpatient physiotherapy for the following conditions:

- Musculoskeletal
- Neck and Shoulder pain including whiplash
- Back pain
- Upper and lower limb problems, including shoulder, elbow, wrist, hand, pelvis, hip, knee, ankle and foot
- Post-surgical rehabilitation e.g. joint replacement, arthroscopy and revision
- Traumatic injuries
- Arthritis and other degenerative conditions
- Sports injuries
- Neurological
- Pre and postnatal problems

Our Physiotherapists may use a combination of manual therapy (mobilisation & manipulation), exercise therapy, electrotherapy (ultrasound, interferential, TENS), moist hot packs and cryotherapy (ice application) for treatment. Acupuncture treatment can also be provided for musculoskeletal conditions.

Opening Times

Monday to Friday 8.00am - 6.30pm
 Saturday Mornings 8.30am - 4.00pm
 except for Bank Holidays

There are free parking facilities and the department is within walking distance from a main bus route.

Patients out of area are welcome too however they will have to pay for their treatment. For further information visit www.all-hallows.org.uk

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