

Physiotherapy Patient Self-Referral Form

| Patient and GP Details | |
|--|---------------|
| NHS No | Address |
| Title | |
| Forename | Post Code |
| 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 | |
|--|--|
| Reason for referral? (eg. Back pain): (Please note only one problem can be treated per referral) | |
| How long have you had this problem? | |
| 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? * <i>Mark appropriately</i> | |
| | <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? | |
| 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? | <input type="checkbox"/> Yes / No <input type="checkbox"/> |
| (If yes contact your GP immediately) | |
| 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? | <input type="checkbox"/> Yes / No <input type="checkbox"/> |

Please return the form in 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 (**signing this form indicates your consent for us to do this**) hence it is mandatory to put your details correctly, including the NHS Number if you know it.

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

Signature:

Date:



All Hallows Physiotherapy 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.

Bradwell, Gorleston & Hopton

Central Healthcare Centre
Falkland Surgery
Gorleston Medical Centre
Hopton Surgery
Millwood Surgery

Great Yarmouth & Surrounding Area

East Norfolk Medical Practice

- Caister Health Centre
- Newtown Surgery
- The Lighthouse Medical Centre

Coastal Village Practices

- Hemsby Medical Centre
- Martham Health Centre
- North Caister Medical Centre
- Ormesby Surgery

Fleggburgh Surgery

Nelson Medical Centre

Park Surgery

Lowestoft, Oulton Broad & Kessingland

Alexandra Road Surgery

Andaman Surgery

Bridge Road Surgery

Crestview Surgery

High Street Surgery

Kirkley Mill Health Centre

Longshore Surgeries – (Inc. Wrentham)

Rosedale Surgery

Victoria Road Surgery

Waveney Valley & Reydon

Beccles Medical Centre

Bungay Medical Centre

Cutlers Hill Surgery

Sole Bay Health Centre

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

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

- 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
- Antenatal and postnatal problems

We have four private treatment rooms and a fully equipped gym.

Our Physiotherapists may use a combination of manual therapy (mobilisation & manipulation), exercise therapy and electrotherapy (ultrasound, TENS). Acupuncture treatment can be provided if your physiotherapist feels it is appropriate.

Opening Times

Monday & Thursday open from 8.00am

Tuesday, Wednesday & Friday open until 6.00pm
except for Bank Holidays

Waiting Times

Routine problems are usually seen within four weeks however we also offer urgent appointments where necessary.

There are **free parking** facilities and the department is within walking distance from a main bus route. There is a community car service 'BACT' covering the local area.

Physiotherapy Department, Station Road, Ditchingham, Bungay, Suffolk. NR35 2QL

Tel: 01986 892728 | physio@all-hallows.org.uk

[Community Hospital](#) | [Daycare](#) | [Homecare](#) | [Neurological Services](#) | [Nursing Home](#) | [Therapy Services](#)