Self-Referral to Physiotherapy

You can now refer yourself directly to the Musculoskeletal Physiotherapy Department without a visit to your GP!

HOW TO SELF-REFER

★ Paper form
There is a self-referral form attached to this leaflet. Please send completed forms via post or e-mail.

★ PDF form
Printable versions of the self-referral form can be downloaded at: www.southerntrust.hscni.net

★ Online form
A form can be completed online and submitted via the following link: www.southerntrust.hscni.net

I agree that the information that I have provided in this form is accurate ★

Signature:

Please ensure all fields marked with ★ are completed or we will be unable to process the referral.

While you are waiting if you are concerned that your condition is worsening please seek medical advice.

On completion please return to:
AHP Central Booking Office, Ramone Building, Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ
Or email it to: AHP.CBU@southerntrust.hscni.net

We have produced a Physiotherapy video and provided additional information online that may help you to better manage your condition. Please visit the Trust’s website at: www.southerntrust.hscni.net, click on Our Services, click on Allied Health Professionals, click on Physiotherapy Musculoskeletal Outpatient Service.
WHO CAN SELF-REFER?
If you are registered with a GP in the Southern Trust, over 16 and have a back or neck problem, a joint / muscular pain or have a recent injury such as a sprain, then self-referral is for you.

WHY SELF-REFER?
The self-referral route provides an easier route of access to physiotherapy. You will have a consultation with a Specialist Physiotherapist who will provide appropriate and timely advice. They will give you support to manage your condition and get you back to doing what matters to you.

WHAT HAPPENS NEXT?
On receipt of your referral from the Central Booking Office your form will be reviewed by a Senior Physiotherapist and triaged within 3 working days.

You may be contacted by telephone for further information if necessary or you will be contacted by letter inviting you to telephone to make an appointment.

HOW TO HELP YOURSELF IN THE MEANTIME?
You may need to modify your activities initially, but the sooner you get back to normal activity the sooner you will feel better.

Getting stiff joints and muscles working can be painful, but this is a normal response. Feeling a bit sore initially is also normal and often a good sign that you are making progress.

Changing your position or activity frequently throughout the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.

WHAT SHOULD I WEAR?
Please wear comfortable shoes or trainers and bring appropriate clothing such as shorts or a vest-top / t-shirt so that your condition can be properly assessed by your physiotherapist.

To get the best outcome from physiotherapy we encourage you to attend your appointments. If you fail to attend any appointment this may lead to discharge. We will discuss our attendance policy at your initial appointment.

SELF-REFERRAL TO MUSCULOSKELETAL PHYSIOTHERAPY
Self-referral is available for adults over 16 who need support and advice to manage symptoms related to muscle strains / joint sprains / back and neck pain. This referral option is not available if you are under the care of a consultant for this problem, or if you have neurological / respiratory / continence conditions. If you have pregnancy-related pain please ask your GP / Midwife to direct you to the appropriate service.

First Name: ✧
Last Name: ✧
Date of Birth: ✧
Health and Care (H&C) Number: (if known)
Address: ✧
Postcode:
Contact details ✧
Please enter telephone numbers that you are happy to be contacted at if more information is required. Please tick boxes if you are happy for us to leave a message at that number. If we ring you, it may display unknown number on your phone please be aware of this.
Home: 
Work: 
Mobile: 
Email address: 
Your GP’s name and practice address: ✧
Did your GP suggest self-referral to Physiotherapy? ✧
Yes ☐ No ☐
If Yes, which language?
Do you require an interpreter? ✧
Yes ☐ No ☐
If yes, which language?
Do you require adjustment for reasons related to a disability? ✧
Yes ☐ No ☐ If Yes, please give details: