

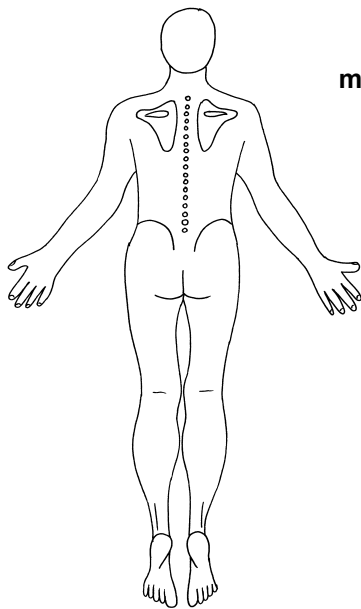
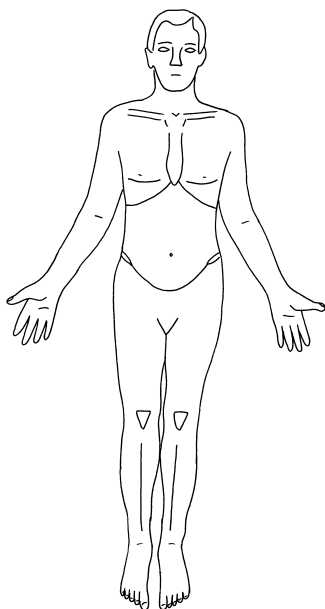
If you are making a referral regarding back pain/sciatica, have you experienced any of the following problems since your pain started?

	YES	NO
Bladder incontinence, or difficulty passing water/feeling you cannot empty your bladder (you have to force to empty your bladder)	<input type="checkbox"/>	<input type="checkbox"/>
A loss of bowel control (soiling yourself)	<input type="checkbox"/>	<input type="checkbox"/>
Numbness between your thighs/loss of sensation when using toilet paper	<input type="checkbox"/>	<input type="checkbox"/>
Sexual problems — loss of sensation or erectile dysfunction	<input type="checkbox"/>	<input type="checkbox"/>
Sciatica into BOTH legs—leg pain, pins and needles/numbness, weakness	<input type="checkbox"/>	<input type="checkbox"/>

If you have ticked **YES** to any of these symptoms, and you **HAVE NOT** had a medical assessment for this, it is essential you seek **IMMEDIATE (same day)** medical care by;

Calling **111**, same day appointment with GP or if required attend your local **A&E Department**

Indicate on the pictures where you get your current symptoms



Please list ALL the medication you are taking

Signature _____ Date _____

Please return this form to:

Therapies Hub, Montgomery County Infirmary (Newtown Hospital)

Llanfair Road, Newtown, Powys, SY16 2DW

Tel: 0845 840 1234 or 01686 613 200

Email: therapies.hub.pow@wales.nhs.uk

Mae'r ffurflen hon ar gael yn Gymraeg / This form is available in Welsh

Musculoskeletal Physiotherapy Self-Referral Booklet

This booklet gives information about the options available from the Musculoskeletal Physiotherapy Service.

Section 1: Your options – learn about the different ways you may be able to manage your problem yourself, and what types of Physiotherapy Assessment are available

Section 2: Physiotherapy Service Self-Referral Form – if you choose to have an assessment, complete this section so we can begin to understand how we can help you

What can you expect from Physiotherapy?

- Physiotherapists help people affected by injury, illness or disability through movement and exercise, education and advice.
- You will be listened to, encouraged to ask questions and to contribute to planning your care. Your involvement in your own care is essential to help us understand your expectations and to enable you to achieve the best outcome.
- Physiotherapy is a science-based profession and the treatments you receive will be based upon up-to-date research.

Do you need a Physiotherapist? You may not need to see or speak to a Physiotherapist to get better. Problems that start without an injury often respond well to simple exercises, along with lifestyle changes such as weight loss, general exercise, quitting smoking and relaxation techniques. Consider using the advice and exercises given at

<http://www.powysthb.wales.nhs.uk/musculo-skeletal-service-before-making-a-referral>.

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SECTION 1: YOUR OPTIONS

Option	What's Involved?
1. Self Manage	Use the link to our website to help you manage your problem http://www.powysthb.wales.nhs.uk/musculo-skeletal-service If you choose to self-manage your condition, keep this form to use as required at a later date
2. Telephone Assessment	This involves a detailed discussion regarding your problem with a Physiotherapist. Your goals will be identified to help create a treatment plan, and you will be given advice and education regarding your problem/diagnosis. An exercise programme will be sent either via email, with videos showing you how to do the exercises, or by post if you prefer. A face to face appointment can be arranged if needed after discussion with your physiotherapist.
Duration: up to 45 minutes	
3. Video Assessment	This gives you all the benefits of a telephone assessment but uses an online programme called 'Attend Anywhere.' This lets the Physiotherapist assess you via video to observe your movements. If you select this option you will need to have an email address, internet access and a camera eg. on a smart phone, tablet or laptop. For more Information and frequently asked questions please follow this link https://digitalhealth.wales/tec-cymru/nhs-wales-video-consulting-service/nhs-wales-video-consulting-service-patients . You will receive a link about how to access your assessment when your appointment is booked. A face to face appointment can be arranged if needed after discussion with your physiotherapist.
Duration: up to 1 hour	

Next steps: Complete **Section 2: Physiotherapy Service Self Referral Form** and send this booklet to the Therapies Hub (Email: therapies.hub.pow@wales.nhs.uk or post to the address given at the end of Section 2).

The referral will be processed, and you will be contacted to arrange your assessment. In the meantime, visit our web page <http://www.powysthb.wales.nhs.uk/musculo-skeletal-service> for self-help information. Please make a note of the web address.

Physiotherapy Service Self Referral Form



This form should only be used for patients wishing to have physiotherapy for musculoskeletal problems (back/neck pain, joint pain, soft tissue injuries). If you are under the age of 16, you should discuss with your Health Practitioner.

Full Name (include title) _____

Address _____

Post Code _____

Date of Birth: ___ / ___ / ___ Age ()

Email Address _____

GP Practice _____

Office Use Only	
Status	Date
Received	
Urgent/Routine	1 hour / 1/2 hour
Partial Book sent	
Date Contacted	
Appt Given	
Did not Phone/DC	

Preferred Contact Telephone Numbers Can we leave a message?

1. _____ Yes / No

2. _____ Yes / No

PTHB Staff: Yes Location _____

Please explain why you are referring yourself to physiotherapy?

How long have you had this? Days ____, Weeks ____, Months ____, Years ____.

How did it start? (*Just came on, injury, fall, long term problem etc*)

Have you been to your GP Practice for this issue? **Yes / No**

What is your occupation?

Are you off work/school or unable to care for a dependant because of this problem?

Yes / No (*if yes, please give details*)

What would be a successful outcome for you by attending physiotherapy?

Have you had any X-rays or other tests? **Yes / No**

What is your preferred method of communication? Please give details