

Physiotherapy Self-Referral

Do you need physiotherapy? **Muscle injuries, joint or back problems?**

Have you had a recent injury to your bones, joints, muscles (like a strain, sprain, whiplash or a sports injury) or do you have a long term problem with your bones, joints or muscles?

This service is NOT suitable for you if you have been or are being cared for by the Pain Service. In these circumstances contact that service directly if you have a number or go back to your GP please.

Musculoskeletal physiotherapy treatment can be helpful if you are suffering from **Shoulder pain, Back pain, Hip pain, Knee pain, Neck pain, Elbow pain, recent injuries or any joint and muscular pain.** You can now refer yourself for Physiotherapy for muscle and joint problems without needing to see your GP first.

3 EASY STEPS

1. Get the form



Forms are available at:

1. Your GP practice
2. Following websites
nottinghamshirehealthcare.nhs.uk
3. Mansfield Community Hospital, Newark & King's Mill Hospital Physiotherapy Clinics

2. Fill in the form



By hand

or



Online

3. Return the forms by:

(a). Post (b). By email (c). Taking in person to one of the hospital physiotherapy Clinics

What happens next?

You will be contacted by telephone or letter and offered an appointment