**SELF-REFERRAL WEST DEVON MUSCULOSKELETAL PHYSIOTHERAPY**

Please fill out the form below with your contact details and information about your problem for which you require a Physiotherapy Assessment.

Send to Musculoskeletal Physiotherapy Department, Livewell Southwest, Tavistock Hospital, Spring Hill, PL19 8LD or email to tavistock.physio@nhs.net (Telephone: 01752 436131)

|  |  |
| --- | --- |
| Referral date: | GP Practice: |
| Full Name: | NHS No: |
| Full Address: | D.O.B: Age:Email: |
| Mobile telephone: | Home no: |
|  | **Yes** | **No** |
| Are you happy to receive confirmation/reminder SMS messages/email? |  |  |
| Have you seen your GP about this problem? |  |  |
| What is the reason for your referral? *(Nb.* ***Body part*** *e.g. shoulder, knee, hip, lower back, neck, ankle)* |
| How **long** have you had the pain?  |
| How did it start? gradually [ ]  suddenly [ ]  |
| Are your symptoms…? staying the same [ ]  getting better [ ]  or getting worse [ ]  |
|  | **Yes** | **No**  |
| Is this pain **Stopping** you from working?  |  |  |
| Is this pain **Limiting** carer duties? |  |  |
| Is this pain **Pregnancy-related**? |  |  |
| Are you seeking Physiotherapy following **Orthopaedic Surgery** or a **fracture** or an injury requiring a visit to **A and E** or a **Minor injury clinic**?***Please provide us with your Operation note or Clinic letter from the hospital****.*  |  |  |
| **If you answer ‘NO’ to any of the below 4 questions, is the GP is aware of your health issues? If the GP is NOT aware please seek a GP Consultation first then self - refer if necessary.** |  |  |
| **1. Is your general health okay?** |  |  |
| **2. Is your weight steady?**  |  |  |
| **3. Is your appetite normal?** |  |  |
| **4. Is your bowel and bladder function normal?** |  |  |
| You will be contacted by phone or letter as soon as possible and will be offered an appointment at the Physiotherapy Department at Tavistock Hospital. There can be a delay in being offered an appointment at busy times. Your first appointment will last about 45 minutes. If you need to be seen again, the physiotherapist will give you a follow-up appointment that will last up to 30 minutes. Please wear appropriate clothing for the Physiotherapist to be able to assess you fully. |