**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](mailto: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. | | | | |