

Community MSK Physiotherapy Self-Referral Form

This service is for people of **any age** with musculoskeletal problems. You may self-refer from the age of 16. If you don't want to self-refer (i.e. owing to communication difficulties), or are under the age of 16, you can be **referred via your GP**.

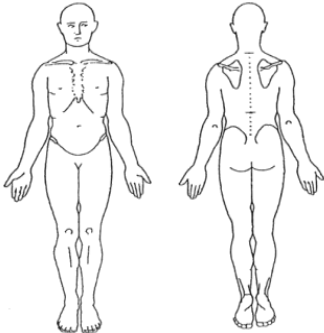
How do you refer yourself to community MSK physiotherapy?

There are 7 potential physiotherapy providers to choose from.

- 1) Please look at the information on the back, especially the services that physiotherapists DO NOT provide, and decide which physiotherapist you want.
- 2) Please contact the relevant physiotherapy organisation (contact options on the back).
- 3) If contacting by telephone, the physiotherapist will fill in the form for you, based on your information. For all other routes, you will need to complete the self-referral form yourself.

Do not self-refer and please consult with your **GP/A&E URGENTLY** if you have **recently or suddenly developed**:

- **Difficulty passing urine or controlling bladder / bowels**
- **Numbness or tingling around your back passage or genitals**
- **Numbness, pins and needles, bilateral sciatica (leg pain) or weakness in both legs**

NAME:	DOB:	Date:
ADDRESS:	POST CODE:	TELEPHONE (Main):
	E-MAIL:	TELEPHONE (Other):
NHS number (if known):	Are you a main carer for someone?	
GP NAME and ADDRESS:		
Would you prefer (please indicate): Telephone advice / a face to face appointment		
	Please describe your current problem and symptoms (i.e. where is your pain? Is it a recent injury? Do you have any pins and needles or numbness?). Indicate pain areas on the picture.	
How long have you had the problem?		
Are you off work with this problem? If yes, for how long?		
Is the problem getting: Better / Worse / Staying the same		
Do you have any other conditions/operations which may be relevant to treatment?		
Have you been to physiotherapy before for this condition? If so, who and when?		
Do you have communication difficulties? If yes, please clarify:		
Is an interpreter needed? If yes, which language?		
I (the person named on this form) confirm that the information given on this form is accurate; I further agree to it being used/shared as required for the treatment of my MSK condition, as identified in the documentation above.		
Signature:		

Organisation	Ascenti
Main location (postal address)	NHS Department, Carnac House, Carnac Court, Cams estate, Fareham, PO168UZ
Email	rhardiman@ascenti.co.uk; ascenti.referral@nhs.net
Phone number	0330 678 0851 - please note you will be directed to the online referral form to complete
URL (for self-referral form)	www.ascenti.co.uk/nel-self-referral (preferred method)
Clinics (please note, if you attend a clinic as a first contact you will be given a self-referral form and asked to complete it and post it back)	Clee Medical Centre, DN35 7XE Scartho Medical Centre, DN33 3JF
Exclusions	Complex/specific treatment requirements – these will be reviewed on a case by case basis and may require an onward referral (via the GP)/recommendation to an alternative service following clinical review
Organisation	HS Physiotherapy
Main location (for drop in) or postal address	Post: Office G19, Boston Enterprise Centre, Enterprise way, Boston, PE21 7TW
Email	admin.hsphysio@nhs.net
Phone number	03330147700
Additional clinics	Beacon Medical Practice, DN35 8EB Dr Kumar, Stirling Street, DN31 3AE Raj Medical Centre, DN34 5LP Healing Health Centre, DN41 7JB The Roxton Practice- Weelsby View, DN32 9SW The Roxton Practice – Immingham, DN40 1JW Dr Matthews, Stirling Street, DN31 3AE Greenlands Surgery, DN36 4QG Dr Sinha, Laceby Surgery, DN37 7HX Scartho Medical Centre, Grimsby, DN33 3JF
Organisation	NLaG
Main location (drop in) or postal address	Physiotherapy department, Diana Princess of Wales Hospital, Scartho Road, Grimsby DN33 2BA
Email	nlg-tr.physiotherapy@nhs.net
Phone number	03033 304576/ 304577
Additional clinics	
Organisation	Physio-Works
Main location (for drop in, treatment of all NEL residents/those with an NEL GP or postal address)	367 St Nicholas Drive, Wybers Wood, Grimsby, DN37 9RD
Email	julie.varley2@nhs.net; info@physio-works.org

Phone number	01472 882197 (preferred contact for self-referral)
Additional clinics (only for patients of that GP practice)	Church View Medical Centre - Pelham Medical - Chantry Medical Taylor's Avenue Medical Centre; - Lynton Practice - Dr Qureshi
Exclusions	Acupuncture