

PHYSIOTHERAPY SELF REFERRAL

This service is for people who are over 18 with musculoskeletal problems, such as muscle and joint pain, sports injuries back or neck pain, sprains and strains.

You can still see your GP and be referred to us in the usual way, or you can refer yourself. If you are under 18, please speak to your GP, and they can refer you to us if appropriate

How do you refer yourself to physio?

1 *By filling in this form and sending it to us or dropping it in to us at:*

- Worthing Hospital, Lyndhurst Rd, Worthing. BN11 2DH
- Southlands Hospital, Old Shoreham Rd, Shoreham-by-Sea. BN43 6TQ
- Littlehampton Health Centre, Fitzalan Rd, Littlehampton. BN17 5HG

2 *By calling Physio Direct on:*

- Worthing area: 01903 285 298
- Southlands area: 01273 446 004
- Littlehampton area: 01903 843 630

3 *By completing the online self-referral form which can be found at:*

<http://nww.westernsussexhospitals.nhs.uk/departments/physiotherapy>

What happens once you have contacted us?

Once we have your details, we will contact you and discuss your problem with you. At the end of the telephone consultation, we will decide what type of treatment is best for you. This might be:

- Advice on how to manage your problem
- Advice and a home exercise programme sent to you by post or email
- Advice to see your GP if we think the problem is not suitable for physiotherapy.
- You may be given an appointment for face to face treatment in the physiotherapy department which is most convenient for you.

We hope that this service will help people to access physiotherapy in a more convenient way, so that they can get their treatment started at the right time, and get better more quickly.