

## Do YOU need Physiotherapy?

- Are you aged 18 or over
- Do you have a joint or muscular complaint

**You can now refer yourself directly to the Physiotherapy Service.** This means you do not have to visit your GP first, unless you wish to do so.

**The Self Referral service for physiotherapy is NOT available:**

- For neurological, breathing, heart, obstetric & gynaecological problems
- If you have **MULTIPLE** joint or limb problems
- If you have had a recent fracture or Orthopaedic Surgery
- If you have had physiotherapy for the **SAME PROBLEM** within the last 6 months

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### Not sure if Physiotherapy is right for you?

Physiotherapy can be particularly beneficial if you are suffering from any of the following:

Back Pain  
Neck Pain

Joint and muscular pain  
Strains and Sprains

Recent Injury

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**If you have any of the following please see your GP before referring yourself to physiotherapy**

- Changes in your bladder and bowel habits
- A hot swollen joint
- Constant severe pain and you are unable to find relief
- Unexpected weight loss
- Weakness, pins and needles, loss of feeling
- Multiple joint complaints
- Previously diagnosed/treated for Cancer

**To refer yourself, it is important that you complete ALL sections of the form clearly. Please note we cannot take responsibility for any information that has been withheld. The information you provide will be shared with your GP or other relevant healthcare professionals.**

### How do I self-refer?

- Please complete the self-referral form overleaf and return the form to your **local hospital physiotherapy department.**

**Wrexham & Chirk 01978 727769 Alltwen, Bryn Beryl & Blaenau Ffestiniog 03000 852473**  
**Deeside, Mold & Holywell 03000 859045 Penrhos Stanley & Cefni 01407 766047**  
**Colwyn Bay & Ruthin 03000 850017 Llandudno 03000 851870**  
**Royal Alexandra 03000 850024 Dolgellau, Tywyn and Bala 01341 424856**  
**Bangor & Eryri 01248 384100 Denbigh 01745 448788 Ext 7481**

Please complete ALL sections of the form clearly. Incomplete forms will be returned.

Full name \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Male / Female \_\_\_\_\_ NHS or Hospital number (if known): \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Daytime Tel Number: \_\_\_\_\_ Mobile Number: \_\_\_\_\_ Able to leave  
Answer message?  
GP Name & Address: \_\_\_\_\_ Yes  No

1. Which area of your body is affected?

2. Please describe your problem?

3. How long have you had this problem?

Less than 3 weeks  3 – 6 weeks  More than 6 weeks

4. Is this problem?

New  Flare up of old problem  Longstanding

5. Is your problem?

Getting better  Getting Worse  Staying the same

6a. Are you off work / unable to care for a dependant because of THIS problem?

Yes  No  Unemployed/Retired

6b. If YES, HOW LONG for?

7. Please provide any other information that you feel we may need to know.

8. Which Physiotherapy department you would like to attend? (see hospital list & telephone numbers overleaf or visit <http://www.wales.nhs.uk/sitesplus/861/page/66746/>)

### What will happen next?

- The form will be looked at by a physiotherapist.
- If we think we can help with your condition you will be placed on the physiotherapy waiting list and offered an appointment. We will contact you by telephone or letter about the appointment.
- If we are unable to help you, we will contact you either by telephone or letter to let you know.

### How long will I have to wait?

- This depends on the current physiotherapy service waiting list (GP referred and self-referred patients will wait for the same time). Please be advised our routine waiting times may be **up to 14-weeks** for an appointment, however, urgent problems are usually seen within a few weeks.
- If you have not heard anything from us within **8 weeks**, please contact us so that we can chase this up for you.
- If your symptoms get significantly worse while you are waiting then you are advised to see your GP