

# Physiotherapy Self-Referral

Refer yourself directly to physiotherapy

The MSK Service is suitable for low back pain, neck pain, recent strains and sprains, joint and muscle pain.

## Don't use this form if:

1. You are a patient under 16
2. You are a Clinician
3. You are being cared for by the Pain Service. If you are, contact the service directly if you have a number or go back to your GP

## Inform your GP of this referral if you:

1. Have recently become unsteady on your feet
2. Are feeling generally unwell or have a fever
3. Have any unexplained weight loss
4. Have a history of cancer

## Urgently Consult your GP or NHS 24 (by calling 111) if you have recently/ suddenly developed:

1. Difficulty passing urine or controlling bladder/bowels
2. Numbness or tingling around your back passage or genitals
3. Numbness, pins and needles or weakness in both legs

## Before you complete this form please try the advice on the website:

<http://www.mansfieldandashfieldccg.nhs.uk/our-services/msk-musculoskeletal>

|   |                              |                               |                                 |
|---|------------------------------|-------------------------------|---------------------------------|
| Name:                                       | Date of Birth:               | Male <input type="checkbox"/> | Female <input type="checkbox"/> |
| Address:                                    |                              | Postcode:                     |                                 |
| Telephone (home):                           | Telephone (mobile):          |                               |                                 |
| Do you consent to receiving text messages?  | Yes <input type="checkbox"/> | No <input type="checkbox"/>   |                                 |
| Email address:                              |                              |                               |                                 |
| Do you consent to receiving emails from us? | Yes <input type="checkbox"/> | No <input type="checkbox"/>   |                                 |
| GP Name:                                    | GP Surgery:                  |                               |                                 |
| Signature:                                  | Date:                        |                               |                                 |

## How do your current problems affect you (on average) over the course of a week?

Are your day to day activities affected by your symptoms? Not at all  Mildly  Moderately  Severely

Are your symptoms disturbing your sleep? No  Yes, difficulty getting to sleep  Yes, woken up from sleep  Yes, unable to sleep at all

If you are in pain, how would you describe it? Mild  Moderate  Severe

How long have you had your current problem? Less than 2 weeks  2-6 weeks  7-12 weeks  If more than 12, how many weeks?

Have you had physiotherapy for this before? Yes  No  If yes, how long ago? \_\_\_\_\_ Did it help? Yes  No

Did your problem start: Gradually  Suddenly  As a result of injury?

Are you symptoms: Improving  Worsening  Staying the same

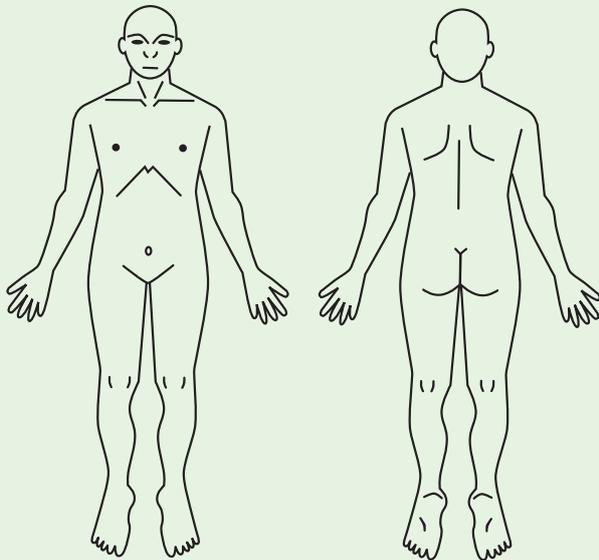
## Is your current problem stopping you from doing any of the following:

Work: Yes  No  Playing sport: Yes  No  Driving: Yes  No

Caring for a dependent: Yes  No  Are you a wheelchair user or do you have any other mobility issues? Yes  No

If you have answered yes to anything on the list, please give details below:

**Please mark on the body diagram (with an X) where your main problem is and where you are having symptoms**



Please describe your current problem and symptoms below:

**Physiotherapy is provided at clinics listed below. Please tick where you may wish to be treated.**

- Ashfield Health and Wellbeing Centre
- Newark Hospital
- Collingham Medical Centre
- Crown (Clipstone) Medical Centre
- Southwell Medical Centre
- Mansfield Community Hospital
- King's Mill Hospital Mansfield

**Please post, email or deliver in person to:**

MSK Physiotherapy Department  
Ashfield Health & Wellbeing Centre  
Portland Street  
Kirkby in Ashfield. NG17 7AE

[not-tr.mska-mphysiotherapy@nhs.net](mailto:not-tr.mska-mphysiotherapy@nhs.net)

Or return it to the receptionist at your GP practice