

Self-Referral to Physiotherapy

Refer yourself without seeing your GP



What does self-referral mean?

It means you can refer yourself to our Physiotherapy service directly, without needing to see your GP team or ask the hospital team to refer you.

Who can self-refer?

Self-referral is available to anyone who has musculoskeletal (MSK) issues such as muscle, joint or ligament aches and pains.

Who cannot self-refer?

You cannot refer yourself (and will need your GP team to refer you) if:

- You are between 12 and 16 years old with an MSK-related issue.
- You have learning or pronounced communication difficulties.
- You require a home visit for your MSK-related issue.
- You have a non-MSK related issue e.g. continence problems or a neurological complaint (i.e. Stroke or Parkinson's).

How do I refer myself?

Search online for **NoWMSK** or **scan the QR code** and complete the self-referral form.



What happens next?

Once we receive your self-referral, one of our physiotherapists will review your information and get back to you. Our reply will likely contain information relating to your issue, some exercise ideas and advice on what happens next.

If you have not heard from us within 4 weeks of completing your questionnaire or have any general queries about referring yourself to our service, please call 01493 809977.

No internet? No problem.

If you don't have access to the internet, call **01493 809977** (Mon-Sun, 7am-8pm). An administrator will arrange a call back to help complete your self-referral.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Państwo otrzymac niniejsza publikacje w tłumaczeniu na język polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **01502 445447** nolu telefondan ile teması geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.