

NoW MSK Physio Self-Referral

Quick Reference Guide

Overview

Patients can now refer themselves to MSK Physiotherapy from your practice. This guide will help you to direct the patient appropriately, should physiotherapy be deemed suitable.

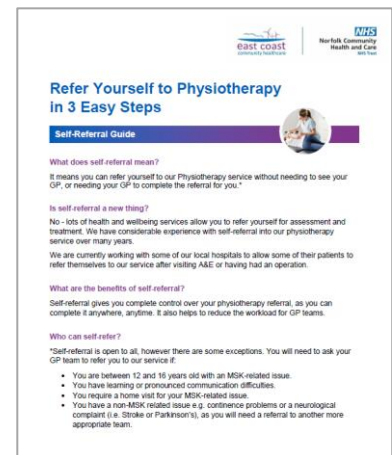
What do I need to do?

If the patient reports/presents with a musculoskeletal complaint (i.e., sore shoulder, painful knee or stiff back), please explain to the patient that they can now refer themselves to physiotherapy.

Self-referral offers rapid access to advice and treatment and the ability to refer is available 365 days a year, 24 hours a day.

Please either issue or send the 'Refer Yourself to Physiotherapy in 3 Easy Steps' leaflet or use the link below if using SMS to enable patients to download and print the leaflet themselves:

norfolkandwaveneycommunityhealth.nhs.uk/media/InIno005/nw-physio-self-referral-patient-leaflet.pdf



Should the patient wish to see one of your clinicians and not take up the offer of referring themselves to physiotherapy, please follow your existing processes.

Can anyone self-refer to MSK Physiotherapy?

Self-referral can be offered to all patients presenting with MSK issues, however there are some exceptions as detailed below. In these cases, please follow your existing processes for referring to physio.

Do not suggest self-referral if the patient:

- Is under the age of 16 years old
- Has a non-MSK-related complaint (i.e. stroke, Parkinson's, continence issues)
- Requires a home visit
- Has significant learning or communication difficulties
- Is adamant they wish to see a GP