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.

**If you are under 18or have difficulty communicating over the phone** please contact your GP, and they can refer you to us if appropriate.

If you do not wish to self-refer, you can still see your GP for a referral.

**Our catchment area is any GP practice from Littlehampton to Southwick. Bognor & Chichester GP Practices access physiotherapy through the Sussex Community NHS Foundation Trust. (**[**www.sussexcommunity.nhs.uk**](http://www.sussexcommunity.nhs.uk)**)**

# How do you refer yourself to physiotherapy?

By filling in this form and sending it to us at the address overleaf or by email OR dropping it in to or you can find an online version of this form to complete here: <http://www.westernsussexhospitals.nhs.uk/services/physiotherapy/physiotherapy-self-referral/>

# 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 discuss with you the type of treatment that is best for you.

**This might be:**

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

The aim of this service is to allow people to access physiotherapy in a more convenient way, so that they can get their treatment started at the right time, aiding a quicker recovery.

# Useful Information:

[www.westernsussexhospitals.nhs.uk/services/physiotherapy](http://www.westernsussexhospitals.nhs.uk/services/physiotherapy)

Western Sussex Hospitals Physiotherapy website containing information and useful video links

[www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

Wide variety of information on a variety of common conditions from back pain / neck pain / osteoarthristis / Fibromyalgia

[www.backcare.org](http://www.backcare.org)

Useful educational and management advice for you back

[www.csp.org.uk](http://www.csp.org.uk)

Chartered Society of Physiotherapy: Useful information and links to a wide variety of information

**Twitter: @WSHFTphysio**

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| --- | --- | --- | --- |
|  | | | |
| **Name:** | | **Date of Birth:** | |
| **Home Phone**: | | **Mobile:**­ | |
| **Home Address:**  **Postcode:** | | **GP Surgery:**  **GP Name:** | |
| **Preferred Contact Time:** AM – Early AM – LatePM – Early PM – Late | | | |
| **Are you happy for us to leave a message:**  **Yes  No** | | | |
| About your Problem | | | |
| Which part of the body is affected? |  | | |
| How long have you had the problem? |  | | |
| Are you currently signed off work as a result of your problem? **If so number of days off:** |  | | |
| Is your sleep regularly disturbed by your problem? |  | | |
| Are you carer? Is this affected by your problem? |  | | |
| Back Pain Only: If you are suffering with low back pain please indicate if you have any changes regarding the following since your pain started: | | | |
| **Bladder or bowel function:**  (*I.e. loss of bladder sensation/control, incontinence of bladder OR bowel*) | | | **Yes\*** **No** |
| **Loss of sensation/tingling around the genitals or back passage:** | | | **Yes\* No** |
| **Erectile problems:** | | | **Yes\* No** |
| **\*\*\*If YES you must Call 111 or attend A&E IMMEDIATELY\*\*\*** | | | |

Return this form by post to your preference of:

* Physio Dept, Worthing Hospital, Lyndhurst Road, Worthing, BN11 2DH.
* Physio Dept, Southlands Hospital, Old Shoreham Road, Shoreham-By-Sea, BN43 6TQ.
* Physio Dept, Littlehampton Health Centre, Fitzalan Road, Littlehampton, BN17 5HG.

Or by email to:

[receptionwor.physio@wsht.nhs.uk](mailto:receptionwor.physio@wsht.nhs.uk) (Worthing), [receptionsou.physio@wsht.nhs.uk](mailto:receptionsou.physio@wsht.nhs.uk) (Southlands) or [littlehampton.physio@wsht.nhs.uk](mailto:littlehampton.physio@wsht.nhs.uk)  (Littlehampton). NB. email is not encrypted or completely secure.