

What can I do to help myself in the meantime?

Research has shown that resting for more than a day or so does not help and may actually prolong pain and disability. You may need to modify your activities initially, but the sooner you get back to normal activity the sooner you will feel better. Getting stiff joints and muscles working can be painful, but this is a normal response and not a sign of damage. Feeling a bit sore initially is also normal and often a good sign that you are making progress. Changing your position or activity frequently during the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.

Painkillers

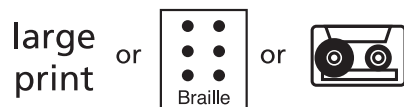
Over the counter painkillers can be helpful. A pharmacist will be able to advise you on the appropriate tablets. If your symptoms continue to worsen you may wish to see your GP.

Hot or cold?

If you have an old injury, you may find that holding a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces pain, while for a new injury (hot and swollen joint) you can use a pack of frozen peas wrapped in a damp towel for 10 minutes.

NB: Be aware that hot and cold can burn and that you need to check (every 5 minutes) that your skin does not become very red or blotchy. If this happens, stop.

For a translation of this document,
an interpreter or a version in



please contact the Communications Team
☎ 023 8087 4666



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Information Leaflet for

Self Referral into Physiotherapy, Occupational Therapy and Podiatry





If you are aged 16 or over, are registered with a participating practice (please check with your practice if you are unsure) and have a physical complaint that has

been causing pain or a restriction in your life for more than one week, but less than twelve months, then a self referral into Physiotherapy, Occupational Therapy, or Podiatry could be the best approach for you.

Who can self-refer?

Self referral has been rolled out gradually across the Southern Health NHS Foundation Trust area. For this reason you need to be registered with one of the participating practices to self refer. It is designed for people suffering from a recent complaint (less than 12 months in duration). However, if you have been seen by a therapist for the same complaint in the last six months, or the problem has been ongoing for more than one year, please contact your GP.

Please be aware that the self referral option may be removed at any time.

In such a situation you will still be able to arrange to see a therapist via your GP.

If you have had the problem for less than one week, then please read the information at the end of this leaflet on how to manage injuries before completing a self referral form.

You can still be referred by your GP if you would prefer to see them first.

Who is Who?

Physiotherapy is a health care profession concerned with human function, movement and maximising potential. A Physiotherapist will often use “hands on” treatment called manual therapy to improve movement and offer exercises to help with rehabilitation of problem joints such as backs and shoulders.

Occupational Therapists assess and treat joint and muscle conditions using specific, purposeful activities to prevent disability and promote independent function in all aspects of daily life. Our Occupational Therapists specialise on treating the hand. Sometimes, they use splints to help keep your hand in a better position.

Podiatrists are specialists in treating conditions of the feet. They will sometimes use shoe inserts to help keep your foot in a better position. Our Podiatrists are not involved in daily foot care, for example the cutting of toe nails or the treating of bunions, you will need to see your GP if you require this kind of treatment.



How to make a self-referral

The referral form should be inside this leaflet. If not you will be able to collect one from your GP waiting room, some GP practices have a printable copy on their website. You can post the referral form to one of the addresses on the back of the referral form. Please send to the centre that suits you most and circle the clinic or clinics that you would like to be seen in.

Please note that this is a referral into therapy and does not mean that you will be seen any sooner than if your Doctor referred you. It is a way to access our service without seeing your GP first. Your referral will therefore be prioritised and processed in the same way as a conventional referral.

Unfortunately, this service is not available to treat neurological, gynaecological or breathing problems. Please note that we are unable to provide acupuncture or massage.

For Romsey Hospital please send to:

Physiotherapy Out Patients, Romsey Community Hospital,
Winchester Hill,
Romsey,
SO51 7ZA.

Tel: 01794 834707

Team Leader: Vicki Hill

For the Hub, Eastleigh please send to:

Physiotherapy Out Patients, Hythe Hospital,
Beaulieu Road, Hythe,
Southampton,
SO45 4ZB.

Tel: 02380 423298

Team Leader: Vicki Hill

For Fordingbridge Hospital or Ringwood Medical Centre please send to:

Physiotherapy Out Patients, Fordingbridge Hospital,
Bartons Road, Fordingbridge,
Hampshire,
SP6 1JD.

Tel: 01425 652255

Team Leader: Javier Galdeano

For Andover War Memorial Hospital please send to:

Therapy Services, Andover War Memorial Hospital,
Charlton Road, Andover,
SP10 3LB.

Tel: 01264 835233

Team Leader: Nicola Partridge

SELF REFERRAL FORM

Please send or take to the Hospital you would prefer to be seen at and circle the clinic you would like to be seen at:

For Lymington New Forest Hospital, New Milton Health Centre, Milford War Memorial Hospital

please send to:

Musculoskeletal Out Patients, Reception C, Lymington New Forest Hospital,
Wellworthy Road, Lymington
SO41 8QD

Tel 01590 663230

Fax: 01590 663007 (Office closed on Fridays)

Team Lead: Chris Blythin

For Hythe Hospital please send to:

Physiotherapy Out Patients, Hythe Hospital,
Beaulieu Road,
Hythe, Southampton,
SO45 4ZB.

Tel: 02380 423298

Team Leader: Mike Constantine

Please use this box for any extra information you would like to include:

Information Leaflet for Self Referral into Physiotherapy, Occupational Therapy and Podiatry

Are you aged 16 or over? Are you registered with a participating practice (please check with your practice if you are unsure)? If you would like to see a Physiotherapist, Occupational Therapist or Podiatrist, then you can now refer yourself directly without needing to see your GP first.

Before completing this form please read the accompanying leaflet first. Please note that this is a referral into therapy services and does not actually mean that you will be seen any sooner than if you had been referred by your GP.

This service is for recent problems, less than 12 months. If you have a condition that has been treated by a Physiotherapist in the last six months, or has been present for more than twelve months, please see your GP.

The treatment on offer is the opportunity to see a Qualified Therapist where an appropriate treatment plan will be agreed with you. Please note this is not an Acupuncture or massage service.

Name:
Please print full name.

Did your GP request this referral? Yes No (tick box)

Date of Birth:

Telephone number (day):

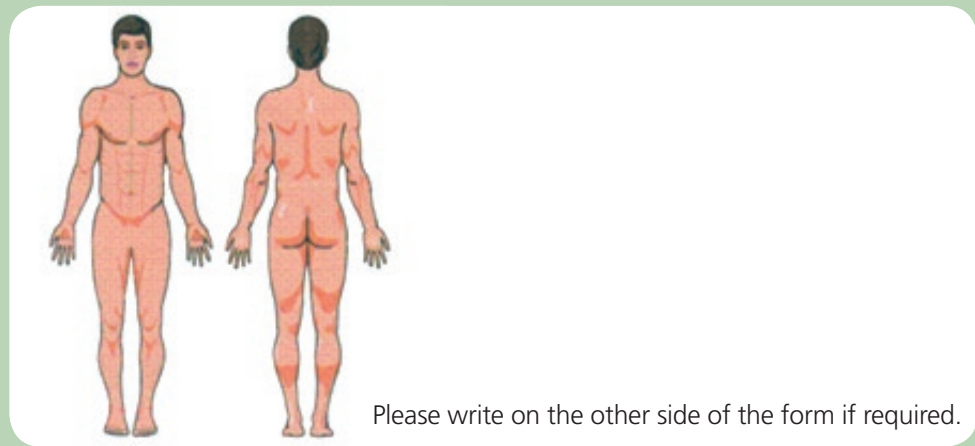
Telephone number (eve):

Address:
.....

Name of GP and Surgery:

Please sign here if you are happy for us to leave a message on your telephone answering machine:
.....

**Please indicate on the Body chart below the location of your symptoms:
Please describe your symptoms alongside the body chart.**



How long has this pain been present?

Please give a brief history of the problem:

.....

.....

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Do you have any of the following medical conditions (check with your surgery if unsure)? Please circle any that apply:

Diabetes, Epilepsy, Rheumatoid Arthritis, Osteoarthritis, Osteoporosis, heart condition, Bowel or Bladder control problems, dizziness, double vision, difficulty swallowing food, episodes of collapsing, recent difficulty with speech, recent/major surgery, previous fractures, Thyroid problems, unexplained weight loss, use of steroids, medication to thin the blood, any previous history of Cancer.

Please expand on the above where appropriate:

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Please list any medication:

Please turn over for the address of your nearest clinic.