



Musculoskeletal Physiotherapy Self-Referral Form

The Musculoskeletal (MSK) physiotherapy service in the West-Berkshire region is for people **from 5 years of age** and above with musculoskeletal problems covering joint pains, soft-tissue injuries e.g. strains/ sprains, or sports related injuries. Advice for abdominal and pelvic floor muscle strengthening post-childbirth/ hysterectomy, pregnancy, associated lower back or sacropelvic dysfunction, etc.

You can now refer yourself to a physiotherapy service directly instead of visiting your GP first. If you do not wish to self-refer (i.e. owing to communication difficulties), or are under the age of 16, you can still be **referred via your GP or First contact physiotherapy practitioner.**

How do you refer yourself to our MSK physiotherapy service?

1. Please complete the MSK physiotherapy self-referral form either online or download and email to info@3wayphysio.co.uk, available at www.3wayphysio.co.uk/nhs-self-referral. We will contact you to discuss your treatment plan or appointment options within 3 days. If you meet the referral criteria your appointment will be booked based on the urgency of your condition.
2. You can contact us directly by telephone on 0118 969 2299 and our team will assist you to complete the form with you. Based on the information you consent to provide; similar waiting times will apply as discussed on point 1.
3. Please visit our website page for accessing a downloadable form from www.3wayphysio.co.uk. Please send the completed self-referral form to: info@3wayphysio.co.uk
4. You can also complete the physical copy of this form by printing it or call us on 0118 969 2299 to request for a form to be sent to your home address to be returned by post to:

3 Way Physiotherapy

11 Headley Road
Woodley
Reading
Berkshire
RG4 5JB
0118 969 2299
info@3wayphysio.co.uk
www.3wayphysio.co.uk

PLEASE NOTE: Referrals are only triaged during working hours, i.e. MONDAY–FRIDAY 0800-1700 (not including Bank Holidays)

Self-Referral Criteria

You must be over the age of 16 years to be able to self-referral into musculoskeletal physiotherapy service.

DO NOT SELF REFER and please consult with your **GP/A&E URGENTLY** if you have recently or suddenly developed:

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

PLEASE DISCUSS WITH YOUR GP/ FCP BEFORE SUBMITTING THIS REFERRAL IF YOU:

- Are generally unwell/ have fever
- Have any unexplained weight loss or loss of appetite
- Have a history of cancer
- Have recently become unsteady on your feet

Other Exclusions:

- Patients below of the age of 16 (please contact your GP/FCP for a referral)
- Patients requiring emergency treatment (immediate, serious and life threatening), please consult NHS 111 or your GP
- Patients who are housebound (in the short term or long term)
- Patients with respiratory, neurological conditions or post-amputation (requiring a specialist referral)

Note: The completed self-referral form will not be available on your GP medical record but on request, will be sent to your GP practice at the end of your treatment. Your information will only be held within our secure data archiving system for 6 months complying with the GDPR and Information Governance regulations. For further information on your information and rights, please contact our Senior Information Risk Owner and Data Protection Officer or Caldicott Guardian via info@3wayphysio.co.uk