

Self-Referral Criteria

To ensure self-referrals is the best option for you, you must be over the age of 16 years and must NOT answer YES to any of the eligibility criteria listed below.

Patients below the age of 16 should contact their GP for a referral to physiotherapy services.

Patients who require emergency treatment (immediate, serious and life threatening)

- Please consult NHS 111 or your GP

Please note, the service is NOT permitted to see (Please see your GP)

- Patients who require emergency treatment (immediate, serious and life threatening)
- Patients in their own homes (i.e. are housebound in the short or long term)
- Respiratory conditions
- Neurological conditions
- Post amputation (requires a specialist referral)

Eligibility Questions

PLEASE READ THIS BEFORE CONTINUING

Consult your GP or NHS 111 urgently if you have recently or suddenly developed any of the following:

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

Discuss with your GP before submitting a referral if you:

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