

# Self-Referral to Physiotherapy

Physiotherapists have skill in the assessment and treatment of injuries and conditions that affect muscles, joints and soft tissues such as low back pain, shoulder pain, neck pain, recent injuries or joint and muscular pain.

If you are suffering with a similar condition, and would like to see a physiotherapist for an assessment please complete the attached referral form.

- You must be registered with a Dorset GP
- You must be 16 or over
- This service is NOT available for neurological, gynaecological or respiratory condition. Your GP or nurse practitioner will refer you with a letter in their usual way.
- For treatment after a recent operation or fracture: Please ask your consultant to refer to us which will include all required information

If you have any concerns you can always be referred to physiotherapy in the usual way with a letter from your GP, Consultant or Nurse.

Please complete the details on the following page and send to your local Dorset HealthCare Physiotherapy Department:

Physiotherapy Department  
**Blandford Hospital**  
Milldown Road, Blandford

email: [dhc.blandford.physio@nhs.net](mailto:dhc.blandford.physio@nhs.net)

Physiotherapy Department  
**Bridport Hospital**  
Hospital Lane, Bridport

email: [dhc.bridport.physio@nhs.net](mailto:dhc.bridport.physio@nhs.net)

Physiotherapy Department  
**Lyme Regis Medical Centre**  
Uplyme Road, Lyme Regis

email: [dhc.lymeregis.physio@nhs.net](mailto:dhc.lymeregis.physio@nhs.net)

Physiotherapy Department  
**Portland Hospital**  
Castle Road, Portland

email: [dhc.portland.physio@nhs.net](mailto:dhc.portland.physio@nhs.net)

Physiotherapy Department  
**St Leonards Hospital**  
241 Ringwood Road, St Leonards

email: [dhc.physio.stleonards@nhs.net](mailto:dhc.physio.stleonards@nhs.net)

Physiotherapy Department  
**Swanage Hospital**  
Queens Road, Swanage

email: [dhc.swanage.physio@nhs.net](mailto:dhc.swanage.physio@nhs.net)

Physiotherapy Department  
**Victoria Hospital Wimborne**  
Victoria Road, Wimborne

email: [dhc.wimborne.physio@nhs.net](mailto:dhc.wimborne.physio@nhs.net)

Physiotherapy Department  
**Wareham Community Hospital**  
Streech Road, Wareham

email: [dhc.wareham.physio@nhs.net](mailto:dhc.wareham.physio@nhs.net)

Physiotherapy Department  
**Yeatman Hospital, Sherborne**  
Hospital Lane, Sherborne

email: [dhc.yeatman.physiooutpatients@nhs.net](mailto:dhc.yeatman.physiooutpatients@nhs.net)

Please note we cannot currently accept this referral if you are registered with a Bournemouth, Dorchester or Borough of Poole GP practice.

Please Complete in **BLACK INK**

Full Name

Today's date

Have you seen your GP about this problem?

Yes  No  When?

Address

Date of birth

(NB this service is not for under 16s)

How long have you had this problem?

Your GP's name

Your GP's surgery

What treatment have you had for this problem before? E.g. exercise, osteopathy

Your NHS Number  
(if known)

Your Phone numbers – Can we leave a message at these numbers?

Phone no. (home) Yes  No

Phone no. (work) Yes  No

Phone no. (mobile) Yes  No

Are your symptoms worsening?

Yes  No

Are you able to carry out your normal activities? Yes  No

Do you require an interpreter? Yes  No

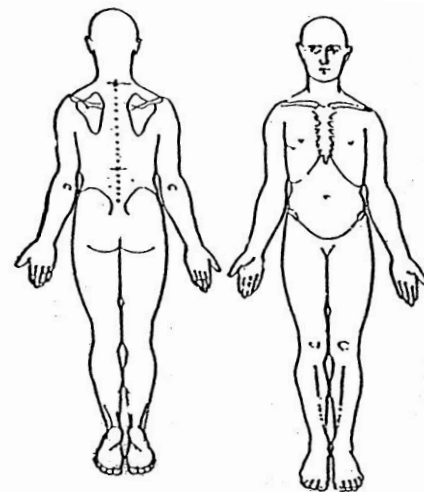
Do you have any additional communication needs? Yes  No

Are you off work/unable to care for a dependent because of this problem?

Yes  No  Not applicable

Please give a brief description of what the main problem is:

Please shade the location of your problem on the body chart



Please mark level of pain on the scale below

0 1 2 3 4 5 6 7 8 9 10

No Pain

Worst Possible

Have you suddenly lost any weight without trying?

Yes  No  If yes, please give details

Have you had any other symptoms, such as numbness, tingling or muscle weakness?

Yes  No  If yes, please give details

IF YOUR PROBLEM IS SCIATICA and you have also found that you are struggling to empty your bladder, are losing bowel control, and cannot feel when you are wiping yourself after going to the toilet, then you should mention this urgently to your GP or attend the Accident and Emergency Department

- Please return this form by post or email using the addresses provided on the previous page. We will contact you to arrange an appointment as soon as possible using the details you have provided, so please ensure these are correct.
- For further information about what will happen next, and self-help advice please visit:

[www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/outpatient-physiotherapy-service](http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/physical-health/outpatient-physiotherapy-service)