

Do You Need 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 think you need physiotherapy you can send the attached self-referral form to:

**Physiotherapy Department
Blandford Community Hospital
Milldown Road
Blandford Forum
Dorset
DT11 7DD**

blandford.physio@dhuft.nhs.uk

Or simply hand it into the Blandford Hospital Main Reception.

What will happen next?

A physiotherapist will look at your form and contact you to arrange an appointment based on the information you have provided.

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.

Initially moving stiff joints and muscles 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. Gentle movements of the joints/muscles will help to prevent continued pain and stiffness.

Changing your position or activity frequently throughout the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.

Hot or Cold?

If you have a recent injury (less than 72 hours) you may benefit from a pack of frozen peas or ice wrapped in a damp towel for 10 – 20 minutes. This may help to reduce any heat/swelling.

If you have an old injury or recurring problem you may find that holding a hot water bottle wrapped in a towel on the affected area for 10 – 20 minutes reduces pain. Movement of the affected area will aid in preventing stiffness and pain.

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** immediately.

Painkillers

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

Please Note:

This service is not available if you are under 16 or have a neurological, breathing or gynaecological problem.

If you have any concerns you can always be referred to physiotherapy in the usual way by your GP.

Full Name

Today's date

Have you seen your GP about this problem?

Yes No When?

Address

Date of birth

How long have you had this complaint?

(Please tick) Days Week Months

Your GP's name

Years

Your GP's surgery

Is the problem: New Return of old problem

Your NHS Number (if known)

Have you had physiotherapy for this problem before?

Yes No When?

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? No Yes

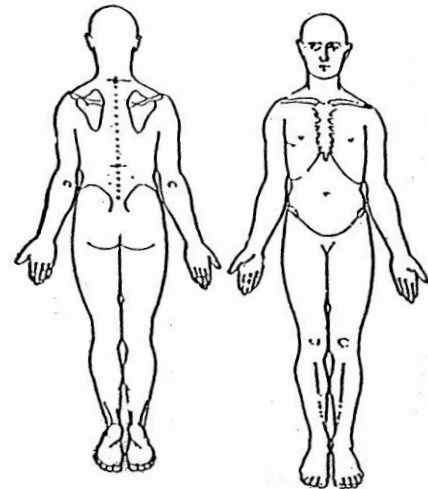
If yes, which language?

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

Yes No Notapplicable

Please give a brief description of why you want a physiotherapy assessment

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

If you have **back pain with leg pain**, have you had any difficulties passing or controlling urine?

Yes No If yes, please give details

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

Please return this form to:

Post/Hand:

Main Reception
Blandford Community Hospital
Milldown Road
Blandford Forum
DT11 7DD

Email:

blandford.physio@dhuft.nhs.uk

Fax:

01258 450786