

How long have you had this complaint?

<1 week  1- 4 weeks  Number of months  Number of years

Is the problem  New?  Re-occurring?

Are the symptoms worsening?  Yes  No

Have you seen a physiotherapist before with this problem?

When ..... Where.....

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

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

Yes  No  Not applicable

If you have back pain with leg pain, have you had any new 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.

The information you provide will be shared with your GP unless you request otherwise.



## Do you need physiotherapy for back problems, stiff or painful joints, muscle injuries, strains

You can now book your appointment direct, without a visit to your GP.

## Do you need physiotherapy?

We are trying out a new way for you to get an appointment to see a physiotherapist without referral from your GP.

You are able to do this if you are a patient registered with a practice within the Hardwick CCG area.

### Practices are:

- Blackwell Medical Centre,
- Blue Dykes (incl Clay Cross and Grassmoor)
- Castle St, Bolsover
- Dr Chawla (incl Wingerworth and North Wingfield)
- Clay Cross Medical Centre (incl Tupton and Wingerworth)
- Craggs Medical Centre (incl Whitwell)
- Creswell Primary Care Centre (incl Langwith)
- Emmett Carr Surgery (incl Renishaw and Eckington)
- Friendly Family Surgery, Bolsover
- Limes Medical Centre, Alfreton
- North Wingfield Medical Centre
- Shires Health Centre (incl Church Warsop)
- St Lawrence Rd, North Wingfield
- Staffa Health (incl Stonebroom, Pilsley and Holmewood)
- The Village Surgery (incl Pinxton)

A self-referral form is attached to this leaflet. They are also available from your GP surgery and local pharmacy.

## Not sure if physiotherapy is right for you?

Physiotherapy can be particularly beneficial if you are suffering from low back pain, neck pain, recent injuries such as strains and sprains, or joint and muscular pain.

However, please note this service is not available to under-18's or for neurological, respiratory, obstetric or gynaecological problems. Please see your GP.

If you think you need physiotherapy, please complete the self-referral form and return it to your provider of choice. Alternatively if your provider of choice is DCHS or Chesterfield Royal Hospital you can telephone them direct to make an appointment between 9am and 3pm Monday to Friday:

### Physiotherapy Department

Chesterfield Royal Hospital, Chesterfield Road, Calow,  
Chesterfield S44 5BL or Tel: 01246 512173

or

### DCHS Physiotherapy Department

Clay Cross Hospital, Clay Cross, Chesterfield S45 9NZ  
or Tel: 01246 565050

Various venues across North Derbyshire are available:

Clay Cross Hospital  
Dronfield Health Centre  
Eckington Health Centre  
Killamarsh Clinic  
Shirebrook Health Centre  
Springs Health Centre (Clowne)  
Staveley Clinic  
Staffa Health (Staffa patients only)  
Walton Hospital  
Welbeck Road Health Centre (Bolsover)  
Wheatbridge Health Village (Chesterfield)

by post or by hand only to :

### Alfreton Physiotherapy

Limes Medical Centre, Limes Avenue, Alfreton DE55 7DW  
(for patients of Limes, Village, Blackwell and Pinxton only)

If you need assistance in completing the form, please ask your GP receptionist.

## What will happen next?

Upon receipt of your form you will be contacted and offered an appointment based on the information that you have supplied.

## What can I do to help myself in the meantime?

Continue day to day within your own limits until you have seen a physiotherapist for further advice.

## 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.

## Self-referral to physiotherapy

Please complete this form to refer yourself to physiotherapy and return it to the venue/provider you wish to attend.

Name

Address

GP's Name

GP's Surgery Address

NHS No.

Phone No. (Home)

Phone No. (Work)

Phone No. (Mobile)

Date of birth

Today's date

Do you have any requirements for your visit, eg. interpreter, hearing loop etc?

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

Please list your current medication