

Self-Referral to Eden Musculoskeletal Outpatient Physiotherapy



North Cumbria Integrated Care NHS Foundation Trust

Please complete **all sections** of this form (**Please note – incomplete forms may not be processed**) and either

1. Return it to **the main reception desk at Penrith Hospital, Bridge Lane, Penrith, CA11 8HX**
2. Email to physioeden@ncic.nhs.uk

IMPORTANT – Please allow 3 working days and then ring 01768 245585 between 9.00am and 3.00pm Monday to Friday to arrange your appointment

Title	First Name (in full)	Surname
Date of Birth:		Today's Date:
Address (including postcode):		
Phone Number(s) Home: Mobile:		Consent to leave message: YES NO including SMS text (please circle)
GP Name and Practice:		If required, do we have your consent to view your Medical Records? YES NO (please circle)

I would like to be seen in **PENRITH** **APPLEBY** **KIRKBY STEPHEN** **ALSTON**

1. Please give a brief description of why you need a physiotherapy assessment (include area of body affected).

2. How long have you had this problem? _____

3. Are the symptoms worsening? Yes No
(If yes, please give details)

4. Are you able to carry out normal activities? Yes No

5. Are you off work/unable to care for a dependent because of this problem Yes No Not applicable

6. Please give details of any other treatment you have received for these symptoms, including previous physiotherapy.

7. Have you had any sudden weight loss without trying? Yes No

8. Have you had any other symptoms such as numbness, tingling or muscle weakness? Yes No
(If yes, please give details)

9. **Have you had any recent changes to your bladder and bowel habits or altered sensation in the genital/saddle area (If YES please see the information overleaf for advice and guidance).**

10. Please list any current or past health issues or operations i.e. heart conditions, high blood pressure, arthritis etc.

Not sure if physiotherapy is right for you?

Physiotherapy can be particularly beneficial if you are suffering from back pain, neck pain, injuries such as strains or sprains, or if you are experiencing joint and/or muscular pain. Physiotherapists can also treat men and women suffering from incontinence.

Unfortunately, you are unable to self refer to this service if:

- You want to see a physiotherapist about a neurological or breathing problem. You will need to seek a referral via your GP.
- You need a home visit.
- You want physiotherapy following a recent operation; for this you will need to be referred by your surgeon.

If you are under 16 years of age you will need a guardian to accompany you to your initial assessment.

Pain Relief?

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. If you have an old injury, you may find that placing a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces pain, while for a new injury you can use a pack of frozen peas wrapped in a damp towel for 10 minutes. **Please be aware that hot and cold can burn** and that you need to check every 5 minutes to make sure that your skin does not become very red or blotchy. If this happens, stop.

What can I do for myself in the meantime?

It has been shown that resting for more than a day or so does not help and may actually prolong pain and disability. You may need to alter your activities initially, but the sooner you can get back to normal activity the sooner you will feel better. Getting stiff joints and muscles working 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. Changing your position or activity frequently through the day will help to prevent and reduce stiffness. Try to build up your general activity gradually.

Further Guidance from Question 9 overleaf



Common Back Pain

Many patients have a combination of back pain, leg pain, leg numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention. **A rare but serious back condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need to be seen by an Emergency Specialist Spinal Team. See other side of card for some warning signs of Cauda Equina Syndrome.**



Cauda Equina Syndrome Warning Signs

- Loss of feeling/pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

Any combination seek help immediately

*****If you are experiencing or develop the above symptoms it is advised you seek emergency medical advice through your GP practice, NHS 111 or the A and E department*****