

Solent MSK Physiotherapy Self-Referral Form

If you are **16 or over** and have a **registered GP** in **Southampton or Portsmouth City** you are able to refer to the MSK Physiotherapy Service for a range of muscle and joint problems including back/neck pain, joint pain, strains and sprains.

Important information below, please read before you start to complete this Self Referral form.

You can now self refer online via www.solent.nhs.uk/physioselfreferral

Please consult your GP or NHS 111 urgently if you have recently or suddenly developed:

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

Please discuss with your GP before submitting this referral if you:

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

Patient Demographics:

Forename:				Gender:			
Surname:				Date of Birth:			
Patients Address:				Email Address:			
				Postcode:			
Contact Tel N°:				NHS N°			
GP Practice Name:			GP Surgery Address:				
Are you pregnant?			If yes, please state how many weeks pregnant			Weeks	
Do you have any special requirements? (i.e. Interpreter/BSL)			If yes to special requirements, please supply further information:				

Please continue with questions on page 2

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Referral Details – Please circle your answer

Please describe your current problem and symptoms below (including location of pain, swelling, stiffness, pins and needles, weakness etc).

Is your pain there all of the time?	Yes	No	Do you wake up at night because of pain?	Yes	No	Some nights	Most Nights	Every Night
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How long have you had this problem?	Days	Weeks	Months	Years	Is your problem getting?	Worse	Better	No Change
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Have you had an X-Ray or any other tests for this problem?	Yes	No
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If yes to the above please give details								
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Have you had Physio or other treatment for this problem?	Yes	No						
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If yes to the above, please give details including approximate dates:								
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Is this problem causing you to be absent from work?	Yes, days	Yes, weeks	Yes, months	No
	Retired		Not applicable	

Are your day to day activities affected by your pain?	Not at all	Mildly
	Moderately	Severely

NB: if this referral is for back pain the following questions **must be answered or referral will be rejected:**

Is this referral for back pain ?	Yes	No	
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If yes to the above, please complete STarTback questions (Q1-Q9) below:	Yes	No
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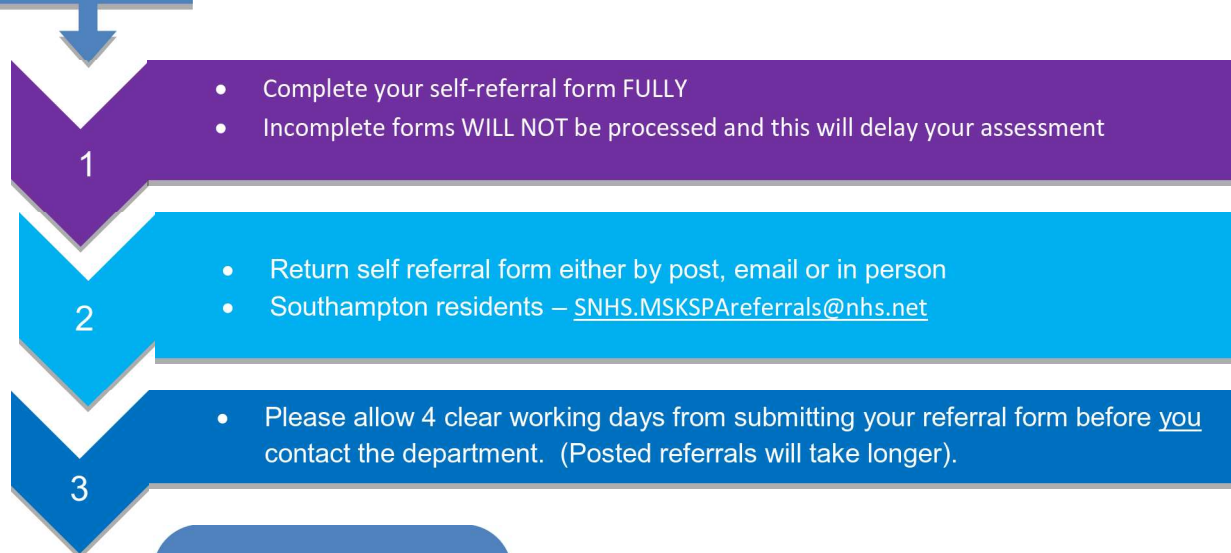
1	My back pain has spread down my leg(s) at some time in the last two weeks	<input type="checkbox"/>	<input type="checkbox"/>
2	I have had pain in the shoulder or neck at some time in the last two weeks	<input type="checkbox"/>	<input type="checkbox"/>
3	I have only walked short distances because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4	In the last two weeks, I have dressed more slowly than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5	It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6	Worrying thoughts have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7	I feel that my back pain is terrible and it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>
8	In general I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>
9	Overall, how bothersome has your back pain been in the last two weeks ?		

Not at all	Slightly	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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It is recommended that you keep this sheet for your information:

What Next?



For Southampton
referrals contact

0300 123 6680
Mon-Fri 0800-1600

For Southampton appointments post to:

Adelaide Health Centre
Physiotherapy Department
Western Community Hospital Campus
William Macleod Way
Southampton
Hants SO16 4XE

- Self Referrals can only be accepted from patients age 16 and over.
- If you do NOT contact the department within 2 weeks your referral will be discharged.
- Please be aware, we cannot be held responsible for the security of your email and its contents during transit. We can however, reassure you that once we have received the email we will store the information in a confidential, appropriate manner.