

Self-Referral to Carlisle Physiotherapy Service

- FILL IN ALL SECTIONS OF THIS FORM** (check 'Name' is completed) and return this section only to Carleton Clinic Physiotherapy Department by:
Post (address overleaf), or
Scan it and Email to: physioreferrals@cumbria.nhs.uk (do not attach photos)
- AFTER 5 DAYS**, phone 01228 603122 or 01228 602007 between 9am and 12pm or 1pm and 3pm (WEEKDAYS ONLY) to **book your appointment**.

PATIENT DETAILS:	
Full Name:	GP Name:
Date of Birth:	Name of surgery:
Today's Date:	Practice code:
Your address:	Your occupation:
Phone Numbers: Home - OK to leave message (incl. SMS text)? Yes <input type="checkbox"/> No <input type="checkbox"/> Mobile - OK to leave message (incl. SMS text)? Yes <input type="checkbox"/> No <input type="checkbox"/> Work - OK to leave message (incl. SMS text)? Yes <input type="checkbox"/> No <input type="checkbox"/>	
CONSENT: <input type="checkbox"/> Consent given for the information within this referral to be sent to the receiving care team <input type="checkbox"/> Consent given for the receiving care team to access the summary / full GP record (where available) for the duration of the period of care, where there is a legitimate reason to do so	
INFORMATION NEEDS (provide further details below, where applicable):	
Required: <input type="checkbox"/> Longer appointment <input type="checkbox"/> Language translation service <input type="checkbox"/> Hearing loop facility area <input type="checkbox"/> British sign language interpreter	<input type="checkbox"/> Easy read documents / information leaflets <input type="checkbox"/> Braille documents / leaflets <input type="checkbox"/> Large print documents <input type="checkbox"/> Note-taker
Attending: <input type="checkbox"/> Carer / relative <input type="checkbox"/> Note-taker	
REFERRAL DETAILS:	
1) Please give a brief description of why you need a physiotherapy assessment (including area of the body affected):	
2) How long have you had this problem?	
3) Are the symptoms worsening? Yes <input type="checkbox"/> No <input type="checkbox"/> <i>If yes, please give details:</i>	
4) Are you able to carry out normal activities? Yes <input type="checkbox"/> No <input type="checkbox"/>	
5) Are you off work / unable to care for a dependant because of this problem? Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>	
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 <input type="checkbox"/> No <input type="checkbox"/>
8) Have you had any other symptoms such as numbness, tingling or muscle weakness? Yes <input type="checkbox"/> No <input type="checkbox"/> <i>If yes, please give details:</i>
9) Have you had any recent changes to your bladder and bowel habits or altered sensation in the genital / saddle area? Yes <input type="checkbox"/> No <input type="checkbox"/> <i>If yes, please see the information at the end of the form for advice and guidance.</i>
10) Please list any current or past health issues or operations <i>i.e. heart conditions, high blood pressure, arthritis, etc.</i>
11) Please bring a list of your current medications to your first appointment.

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 to help 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.

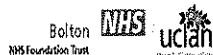
What will happen next?

Complete the entire form (remember your name), return the form to Carleton Clinic Physiotherapy department, Carleton Clinic, Cumwhinton Drive, Carlisle, CA1 3SX or alternatively scan it and e-mail to: physioferrals@cumbria.nhs.uk (no photos please) In 5 days phone 01228 603122 or 01228 602007 between 09:00-12:00 or 13:00-15:00 (weekdays only) to book your appointment.

Further Guidance from Question 9

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*****