

Physio Self-Referral

What is Physiotherapy self-referral?

If you have a Richmond GP, you can now access the local NHS physiotherapy service directly, without seeing your GP first. Any person above 16 years of age can refer themselves directly to a physiotherapist without seeing a GP. We provide specialist assessment, early advice, and treatment for people with back, neck or joint complaints; problems following injuries; muscle or tendon problems or any recent changes in a long-standing condition.

If imaging (X-Ray, MRI, or Ultrasound) or a consultant opinion is required, this will all be arranged.

Once we receive your referral, we will: either send you advice and appropriate guidance, exercises in the post or by email, or, arrange a face-to-face assessment.

All patients are prioritised as either urgent or routine according to their clinical need.

Before Submitting A Referral Please Read The Important Information Below

If you have recently developed any of the following please consult your GP before referring yourself to physiotherapy:

- Changes in your bladder or bowel habits
- 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 a Referral if you have any of the following:

- A hot swollen joint
- Constant severe pain that you are unable find relief from
- Unexpected weight loss
- Generally feel unwell or have a fever

How do I contact the services?

Via the internet: You can refer yourself to the service online at <https://selfrefer.richmondgpalliance.co.uk> Click on this link or enter the address and it will take you directly to the self-referral form that you need to complete and send.

Once submitted, your requirements will be assessed by a senior physiotherapist. We will aim to contact you within four working days, if needed you can expect a routine physiotherapy appointment within 4-6 weeks or, an urgent appointment within 1 week.

If you are unable to use a computer or do not have someone to help you, you can call the team on 020 8714 4019 between 10.00am and 12.30pm. The team will go through the form with you and fill it in on your behalf.

- For further patient information visit www.hrch.nhs.uk