

Please note

- You must be over 18 to self refer
- Referrals are accepted at the Physiotherapists discretion
- Incomplete forms will be returned and may result in a delay before appointment given
- We do not accept self-referrals within 3 months of discharge from treatment for the same problem
- This service is not available for neurological or respiratory conditions



PALS

The patient Advice and Liaison Service (PALS) ensures the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email: ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively it may be possible for us to arrange an appointment in your area.

Northern Devon Healthcare NHS Trust

Raleigh Park, Barnstaple, Devon,
EX31 4JB
Switchboard: 01271 322577
www.northdevonhealth.nhs.uk

Northern Devon Healthcare **NHS**
NHS Trust

Physiotherapy in North Devon; Self Referral

Please read all enclosed information

Introduction

Northern Devon Healthcare Trust Physiotherapy Service wants to make it easier for patients to get advice from a Physiotherapist.

If you are registered with a GP at Bideford Medical Centre you can now access NHS Physiotherapy without having to consult your doctor.

Common problems seen by Physiotherapists for self-referral include:

- Spinal problems: stiff painful neck or back and referred arm or leg pain
- Joint problems: arthritis, injury, pain, swelling and stiffness
- Injuries to bones, muscles, ligaments, tendons and cartilage

How do I access this service

⇒ Complete the paper form and return by hand or post to:

Physiotherapy Department

Bideford Hospital

Abbotsham Road

Bideford

EX39 3AG

⇒ After sending in your form, wait 4 working days and then call

01237 473268

to arrange a convenient appointment time

What can I do in the meantime

- **Painkillers:** Painkillers prescribed by your GP and those obtained 'over the counter' can be helpful. A Pharmacist can advise you on appropriate analgesia.
- **Keep Active:** You may need to modify activities initially but the sooner you return to them, the sooner you will feel better, changing position and activity throughout the day can help to reduce stiffness.
- **Recent Injuries:** If you have a recent injury please refer to the above information to help you manage your symptoms. Please do not refer yourself within the first 3 days as many problems resolve themselves naturally.
- If you are in significant pain or have any concerns regarding your health please call **NHS 111** or **speak to your GP.**