

Back Pain Self-Referral to Physiotherapy at Guy's & St Thomas'

Do you have LOWER BACK PAIN or SCIATICA?

If you have **LOWER BACK PAIN**, you can now refer yourself to the Guy's & St Thomas' Physiotherapy services.

What is self-referral?

Self-referral offers you access to a musculoskeletal physiotherapist without the need to see your GP first. Self-referral may reduce your wait to access an expert opinion, advice and treatment of your back pain and puts you in control of your care.

What to expect when you self-refer to Physiotherapy at Guy's & St Thomas':

1. Your referral will be reviewed within **TWO WORKING DAYS** by a specialist physiotherapist
2. You can expect to be offered an appointment and seen within **TWO WEEKS**
3. You will be contacted by telephone or letter to arrange this appointment

What is Musculoskeletal Physiotherapy?

Musculoskeletal physiotherapy is a specialist area of physiotherapy treatment injuries and conditions which affect muscles, joints and soft tissues. Conditions which can be treated by musculoskeletal physiotherapy include arthritis, back and neck pain, knee and lower limb complaints, shoulder and upper limb complaints, such as muscle strains and ligaments sprains.

What to expect when you see a Musculoskeletal Physiotherapist?

A physiotherapist will make a detailed specialist assessment of your problems including you in your individualised care. Treatment may involve movement and exercise, manual therapy, education and advice to maximise recovery, function and quality of life through focussing on physical, psychological, emotional and social wellbeing.

If you have **LOWER BACK PAIN** and wish to self-refer to physiotherapy at Guy's & St Thomas', please click the link below to refer yourself:

<http://www.smartsurvey.co.uk/s/Physiotherapy-self-referral-form/>