



Please use the guide below to assist you to self-refer to the Worcestershire Community (Outpatient) Physiotherapy Service if you have a musculoskeletal problem.

PHYSIOTHERAPY SELF REFERRAL ON LINE USER GUIDE

- Go to www.hacw.nhs.uk/movetoimprove here you will find useful links that will provide self-help options.
- To self-refer please scroll down to find two blue boxes which say 'click here if you live.... Then click on the appropriate blue box.
- Read the important red flag information.
- Scroll down and click "continue".
- Read the information and scroll down to complete the self-referral form.

Please ensure that you complete your best daytime contact number, which may not necessarily be your home number.

It is important that you then complete the 2 steps below

Step 1

Once you have entered the information on the form, click on submit once. Once submitted you will receive a read receipt and an email confirmation.

Step 2

Your Information will now be prioritised by a physiotherapist and you will be contacted to arrange an appointment.

You may have to wait some weeks for the assessment/appointment depending on how your referral has been prioritised and current numbers of patients waiting to be seen by a member of the physiotherapy team.

YOU DO NOT NEED TO DO ANYTHING FURTHER we will contact you.

If you do however have any queries please call **0300 790 0599**

This line is open: **Monday - Friday: 8.30am - 4:00pm.**

There is a paper copy of this referral available if you do not have access to a computer. Please ask you GP for a form or call the above number for advice on how to get one.

Please be aware that if you are unable to make any appointment you should call us on 0300 790 0599 as soon as possible to cancel the appointment.