

# Self-Referral to Physiotherapy



**Did you know you can now refer yourself to Musculoskeletal Physiotherapy without a visit to your GP?**

## WHO CAN SELF-REFER?

### Are you:

- registered with a GP within the Southern Trust
- aged over 16

### and have a :

- Back or neck problem
- Joint pain
- Muscle pain
- Recent injury such as a sprain

## WHY SELF-REFER?

- Easier route of access to physiotherapy
- Consultation with a Specialist Physiotherapist
- Appropriate and timely advice
- Support to manage your condition
- Get back to doing what matters to you!

## HOW TO SELF-REFER

### ONLINE FORM

A form can be completed online and submitted via the following link:  
[www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

### PDF FORM

Printable versions of the self-referral form can be downloaded at:  
[www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)

### PAPER FORM

Self-referral forms are available in your GP's practice or in your local physiotherapy department. These forms should be returned via post.

We have produced a physiotherapy video to give you a clearer idea of what to expect from the Physiotherapy Musculoskeletal Outpatient Service. Additional information is also available online that will help you to better manage your condition.

Please visit the Trust's website at:

[www.southerntrust.hscni.net](http://www.southerntrust.hscni.net)