Adult Outpatient Musculoskeletal (MSK) Physiotherapy

NHS
Greater Glasgow and Clyde

Patient Completed Self Referral Form

Date: ☐

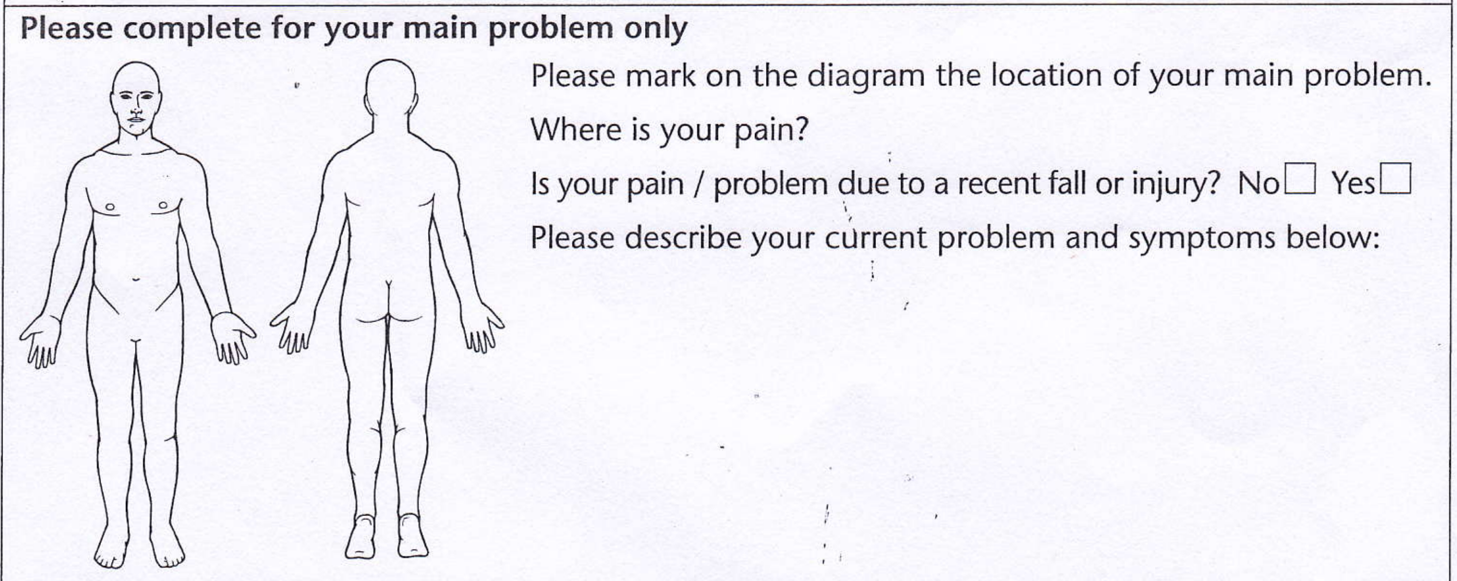
Please read and complete all parts of this form and hand in or send to local Physiotherapy department

Please consult your **GP URGENTLY** or **NHS 24 on telephone number: 111**	Please inform your GP of this referral if you:
if you have recently or suddenly developed: • difficulty passing urine or controlling bladder / bowels • numbness or tingling around your back passage or genitals • numbness, pins and needles or weakness in both legs	• have recently become unsteady on your feet • are feeling generally unwell / fever • have a history of cancer • have any unexplained weight loss

Name			Date of Birth:		M ☐ F ☐
Address					
Post Code		Occupation			
Telephone	(home)	(work)		(mobile)	
GP Name		GP Address			

Do you have any special requirements? (e.g. interpreter) No ☐ Yes ☐
Please describe:

Please complete for your main problem only



Please mark on the diagram the location of your main problem.

Where is your pain?

Is your pain / problem due to a recent fall or injury? No ☐ Yes ☐

Please describe your current problem and symptoms below:

Tick one box only for each question

How long have you had your current problem? (Please state how long if more than 12 weeks)
Less than 2 weeks ☐ 2 - 6 weeks ☐ 7 -12 weeks ☐ more than12 weeks ☐ __________ weeks

Is your problem getting? Worse ☐ Better ☐ Not changing ☐

If in pain, how would you describe it? Mild ☐ Moderate ☐ Severe ☐

Is your pain constant (present ALL the time)? No ☐ Yes ☐

Is pain disturbing your sleep?
No ☐ Yes, difficulty getting to sleep ☐ Yes, woken up from sleep ☐ Yes, unable to sleep at all ☐

Are you off work because of this problem? No ☐ Yes ☐ If yes how long:

Are you unable to care for / look after someone because of this problem? No ☐ Yes ☐

Is your problem from an injury sustained during active military service? No ☐ Yes ☐

Are your day to day activities affected by your pain?
Not at all ☐ Mildly ☐ Moderately ☐ Severely ☐

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