

What can I do to help myself in the meantime?

What you do in the early stages is very important. Rest for more than a day or two usually does not help and may actually prolong pain and disability. Sometimes aches and pains can last for quite a long time. But that doesn't mean it's serious. Most people can get going quite quickly, even while they still have some pain. Try to keep moving within your own comfortable limits.

Managing your symptoms

Over the counter painkillers can be helpful. A pharmacist will be able to advise you on the appropriate tablets. If your symptoms continue to worsen you may wish to see your GP.

Hot or cold?

If you have an old injury, you may find that holding a hot water bottle wrapped in a towel on the affected area for 10 minutes reduces pain; while for a new injury (hot and swollen joint) you can use a pack of frozen peas wrapped in a damp towel for 10 minutes.

NB - Be aware that hot and cold can burn and that you need to check (every 5 minutes) that your skin does not become very red or blotchy. If this happens, stop.

If you find that your symptoms are worsening while you wait for an appointment you are advised to see your GP.



**SELF REFERRAL
TO ADULT
MUSCULO SKELETAL
PHYSIOTHERAPY
SERVICES**

**Patient Information
Leaflet**





Physiotherapy Self Referral

If you are 16 years old or over and live in Scotland you can now refer yourself to physiotherapy without visiting your GP first. This new service is aimed at making access to physiotherapy easier although it does not mean you will necessarily be seen quicker.

Not sure if Physiotherapy is right for you?

Injury and disease are treated by improving and assisting the body's own natural healing mechanism.

Some of the problems physiotherapy can help include:-

- > Recent sprains and strains
- > Low back pain
- > Neck pain
- > Sports Injuries
- > Postural and work place injuries

Some conditions may simply require timely advice.

How do I self -refer?

Referral forms are available at your GP reception desk, from the physiotherapy department or on line at

<http://www.nhsborders.org.uk/health-services/services/physiotherapy>

***Please fill in the form fully including a day time contact telephone number.**

If you require this document in a different language, audio tape, Braille format, large print or BSL dvd. Please contact the Equality and Diversity Department of NHS Borders for help or advice. By telephone 01896 825578 or email equality@borders.scot.nhs.uk

You are welcome to have someone accompany you for your appointment.

If you cannot get to your appointment please contact the physiotherapy department as soon as possible.

Hand your completed form to the reception desk at the GP surgery or post it to your local physiotherapy department. Clinic information is available on

<http://www.nhsborders.org.uk/health-services/services/physiotherapy>

What happens next?

We will contact you once an appointment becomes available to arrange a mutually convenient appointment.

Contact with your GP

It is helpful for us if we have your permission to contact your GP. This is so we can work together to provide better care. In exceptional circumstances we may have to contact your GP without your permission, but we would tell you if this was happening, your Physiotherapist can explain this further.