



Self-Referral to Outpatient Physiotherapy

You can refer yourself to any of these three services:

Neurological Physiotherapy

Do you need support to manage your neurological condition?

We can provide this through advice and education, exercise, therapeutic techniques, provision of equipment or referral to appropriate services

This service is available for all patients who have a neurological condition as **diagnosed by a neurological consultant**.

Common neurological conditions include: Multiple Sclerosis (MS), Parkinson's, Previous Stroke, Cerebral Palsy (CP), Peripheral Neuropathy.

Contact us if your condition had deteriorated, changed in any way or you have recently experienced falls

Musculoskeletal Physiotherapy

Do you have muscle, nerve or joint pain?

Physiotherapy can be very helpful for pain from joints such as backs, shoulders and knees as well as recent strains and sprains

We have clinical specialists who can assess and help manage your pain or injury

Women's and Men's Health

Do you have pelvic floor problems such as bladder or bowel urgency or leakage, pelvic or genital pain, pain with sexual activity or pelvic organ prolapse?

Are you pregnant or postnatal with muscle, nerve or joint pain, or wondering how to get back to your pre-pregnancy activities?

You can self-refer to our team of clinical specialist physiotherapists.

Please call us on **01246 512173** to self-refer to us or if you have any questions regarding your suitability for these services

Telephone Hours: Mon-Fri: 8.30 – 4.30pm