

# Self Referral to Physiotherapy

## What is it?

The physiotherapy service in your area is changing the way referrals can be made. This means that patients from medical practices in your area will be able to refer themselves directly for physiotherapy without requiring a doctor's letter to do so.

## Why are we doing this?

To try and improve and modernise our service.

## When?

This service is now available in your area.

## Who is it for?

This service is open to adults aged 18 + who have suffered a musculoskeletal injury / condition i.e. anyone who has pain or had an injury affecting joints, muscles and ligaments either in your arms, legs or spine.

## How will it work?

If you think that you have a problem that will benefit from physiotherapy or your doctor may have suggested this to you, then you can pick up a referral form here, fill it in with the details that we require and then send it to us in the Physiotherapy Department at the address given below. We will then read the referral and triage it as urgent or routine. If your referral is triaged as urgent we will aim to contact you as soon as possible to make an appointment. If it is triaged as routine, you will receive a letter to contact us to make an appointment when you get to the top of the waiting list.

Once you have completed your self referral form please indicate where you would like to receive your physiotherapy and return the form to either

**Physiotherapy Dept, Colwyn Bay Hospital, Hesketh Rd, Colwyn Bay LL29 8AY  
(Tel 01492 807519, fax 01492 807580)**

**OR**

**Physiotherapy Dept, Llandudno Hospital, Hospital Rd, Llandudno LL30 1LB  
(Tel 01492 862309, fax 01492 862304)**