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Date ……………………………………………………

Dear Patient

**Your NHS Number: xxx xxx xxxx**

You have been referred to Outpatient Physiotherapy. **Please allow 5 working days from seeing your GP before contacting the appropriate Administration Office to book your consultation.** This allows time for our team to receive and triage the referral from your GP. Contact details are as follows:

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| --- | --- |
| **For physiotherapy clinics held at:*** Lymington New Forest Hospital
* Hythe Hospital
* Totton Health Centre
* Romsey Hospital
* The Hub, Eastleigh
* Fordingbridge Hospital

**Please contact:** Physiotherapy Outpatients Central Booking Office: **0300 373 0212** ormskenquiries@southernhealth.nhs.ukAvailable 08:00 – 17:00, Monday - Friday | **For physiotherapy clinics held at:*** Andover War Memorial Hospital

**Please contact:** Physiotherapy Outpatients Administration Office: **01264 835233** orandovermskphysio@southernhealth.nhs.ukAvailable 08:00 – 17:00, Monday - Friday |

Your initial appointment with the MSK service will be via a telephone appointment. This gives the clinician the opportunity to fully understand your complaint and agree with you the most appropriate management plan. You will be given a 30-minute timeframe in which you will be called, please be available at this time. Please be ready to answer questions and give information about your condition that will allow your clinician to create an effective treatment plan.

Please also have a list of all your medications to hand.

**If we are unable to make contact with you, as agreed, and you do not inform us of your unavailability, you may be discharged.**

Please find attached our latest Patient Advice Leaflet giving you useful information to help you self-manage your condition whilst waiting for an appointment.

If you have any questions please contact the relevant Booking Office using the details above. Information about our service can also be found on our website by visiting [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk).

The Physiotherapy Administration Team

Enc – Patient Advice Leaflet

**MSK Physiotherapy – Useful Information**

*Patient Advice Leaflet*

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| --- |
| The following information may be useful to help you self-manage your condition. **If at any point you feel you do not require physiotherapy at this time, then please contact us.** Your referral can then be held on our active caseload for up to 6 months should you wish to opt back in for further support and guidance. |
| The Chartered Society of Physiotherapy (CSP) website does not require a login.**RESOURCES:** <https://www.csp.org.uk/conditions/managing-pain-home>This covers:

|  |  |
| --- | --- |
| * Shoulder pain
 | * Neck pain
 |
| * Back pain
 | * Elbow pain
 |
| * Hand pain
 | * Hip pain
 |
| * Knee pain
 | * Ankle pain
 |
| * Foot pain
 | * Pain management
 |

**EXERCISE:**<https://www.csp.org.uk/public-patient/keeping-active-healthy/exercise-advice-videos>There are videos, downloadable booklets and exercise sheets available. Many cover advice for you if your condition deteriorates.**PATIENT MANAGEMENT ADVICE:** <https://www.csp.org.uk/publications/exercise-advice-leaflets>There are standard downloadable leaflets on the CSP website which can be found here:These leaflets cover:

|  |  |
| --- | --- |
| * Foot pain
 | * Tennis elbow
 |
| * Knee pain
 | * Neck pain
 |
| * Shoulder pain
 | * Back pain
 |
| * Carpal tunnel syndrome
 |  |

**C:\Users\pullinl\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F9F5F26.tmp**<https://www.versusarthritis.org/get-help/>For access to a helpline, information, treatment options and exercise prescriptions / guidance. | <https://activelives2.lifeguidehealth.org>Increasing physical activity is really helpful for painful conditions. If you are 65 and over and would like some help with increasing activity there is a free online programme that can help. Just go to the link above.Southern Health NHS Foundation Trust home pageosteoarthritis.PNG<https://www.southernhealth.nhs.uk/services/community-services/specialist-community-services/physiotherapy-services/>We provide a range of physiotherapy services for people living across Hampshire. You can access our Patient Information Leaflet giving advice on empowering you to help with chronic conditions such as Osteoathritis of the hip or knee. <https://www.nhs.uk/better-health/get-active/?fbclid=IwAR0dBxqgZeu8vFaKzvCIP1-x2JY91amifj-pQx07BHrht_1kdd4wpOCUVnc>No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier. Try these tools, tips and special offers to move more every day.**C:\Users\pullinl\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\54A19FD5.tmp**<https://www.nhs.uk/conditions/>Many conditions have videos of exercises, self-management and worsening advice.**C:\Users\pullinl\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\54A19FD5.tmp** |