

PATIENT INFORMATION

Physiotherapy Self-Referral – Information Sheet

You recently attended the Emergency Department (A&E)/ Urgent Treatment Centre (UTC) and have been diagnosed with a musculoskeletal condition (affecting muscles and joints).

Most musculoskeletal conditions should begin to settle and improve within 4-8 weeks. After an initial period of rest and by following advice given in A&E / UTC, you should begin to return to normal everyday activities.

However, if your condition does not settle in the expected timeframe, you can access our **physiotherapy** services by completing a self-referral form.

Physiotherapy is a clinical specialty that can help to restore/maintain function and movement when someone is affected by illness, injury, or disability. Physiotherapy takes a holistic approach and involves the patient directly in their own care, by using self-management strategies and a range of evidence-based interventions.

Dependant upon your location, you can access our self-referral services via the following.

- If you are registered with a GP in the Hastings and Rother area, please go to <https://www.esht.nhs.uk/service/msk-therapy-services/self-referral/> and complete the self-referral form online.
- If you are registered with a GP in Eastbourne, Hailsham, Seaford or High Weald Havens and Lewes area, please go to www.sussexmskpartnershipeast.co.uk/gethelp and complete the self-referral form online.

Further injury advice and self-management resources are also available on our website page: www.esht.nhs.uk/service/msk-therapy-services/

Should you have any questions, or require further information about the self-referral pathway, then please contact our administration team via email on esht.mskphysiorefferal@nhs.net or on 0300 131 4770, 08:00 – 16:00, Monday to Friday.