



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Do you think you need physiotherapy?

You can now see a physiotherapist without having to see your GP first.

A form is available for you to self refer from the physiotherapy departments at your local Powys hospitals, your GP surgery or you can download them from your GP website.

If you have any concerns you can always be referred for physiotherapy in the usual way by your GP - please make an appointment as usual.

Unfortunately this service is not available if you are under 16 or patients with gynaecological problems.

Not sure if physiotherapy is right for you?

Physiotherapy can be particularly beneficial if you are suffering from low back pain, neck pain, recent injuries such as strains / sprains, or joint and muscular pain.

What will happen next?

A physiotherapist will look at your form. We will then contact you with an appointment based on the information you have supplied. Depending on the nature of your condition you may be placed on a waiting list for physiotherapy. If you have any concerns you should make an appointment with your GP.

What can I do to help myself in the meantime?

Research has shown that resting for a day or so does not help and may actually prolong pain and disability. You may need to modify their activities initially, but the sooner you get back to normal activity the sooner you will feel better. Getting stiff joints and muscles working can be painful but this is a normal response and not a sign of damage. Feeling a bit sore initially is also normal and often a good sign you are making progress. Changing your position or activity frequently through the day will help to prevent and reduce stiffness. Try to build your general activity gradually.

Painkillers

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 ten 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 ten minutes.

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

Referring yourself to physiotherapy

Please complete the self referral form and return it to the physiotherapy department at your local **Powys hospital**.