

Physiotherapy Pelvic Health – Self Referral Form

Your Details

NAME _____

ADDRESS _____

POSTCODE _____

PHONE _____

DATE OF BIRTH _____

Your doctor's name _____

Your doctor's address _____

Your problem (please tick all that apply)

Leaking urine

Urinary urgency / frequency

Prolapse

Bowel problem – constipation / leakage/ other

Pelvic pain

Difficulty with pelvic floor muscle exercises

Something else? Please give details

Is there any other information you would like us to have? You can write on the other side of this sheet, or attach a separate sheet of paper.

Once you have filled this form in please hand it in to your nearest physiotherapy department or GP surgery, or send it to one of the Pelvic Health Physiotherapists listed – either way we will ensure your referral goes to the closest and best qualified person to treat you.

Kirsteen Ferguson, Pelvic Health Specialist
 Physiotherapist, Physiotherapy Department,
 Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ

Alison Clarke, Pelvic Health Specialist
 Physiotherapist, Robertson Health Centre, Alness,
 IV17 0UN

Sylvia Craine, Pelvic Health Specialist
 Physiotherapist, Caithness General Hospital,
 Bankhead, Wick, KW1 5NS

Wendy Rarity, Pelvic Health Specialist
 Physiotherapist, Cowal Community Hospital, 360
 Argyll Street, Dunoon, PA23 7RL

If you have any of the following, please see your GP before self referring for physiotherapy

Stinging or burning sensation when you pass urine, or blood in your urine

Any unusual / unexpected bleeding or staining from the vagina

Any bleeding from the anus (back passage)

Persistent abdominal pain

Persistent abdominal bloating which does not come and go

Difficulty eating or finding you feel full early in a meal

Recent weight loss without trying

Any numbness, tingling or muscle weakness

Have you seen any medical professionals with this problem? Yes/ No

If yes, please give details _____

How long has it been a problem ? (please circle)

Weeks / months / years

More information on Pelvic Physiotherapy can be found at :
<http://www.csp.org.uk/your-health/conditions/incontinence>
 Including tips to help yourself and information as to what will happen when you see the physiotherapist