

Physiotherapy Pelvic Health – Self Referral Form

Your Details	Today's date:
NAME _____	
ADDRESS _____ _____	
POSTCODE _____	
PHONE _____	
DATE OF BIRTH _____	
Your doctor's name _____	
Your doctor's address _____	

<p>Your problem (please tick all that apply)</p> <p>Leaking urine</p> <p>Urinary urgency / frequency</p> <p>Prolapse</p> <p>Bowel problem – constipation / leakage/ other</p> <p>Pelvic pain</p> <p>Difficulty with pelvic floor muscle exercises</p> <p>Something else? Please give details</p> <p>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.</p>
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Please tick this box if you are pregnant: <input type="checkbox"/>
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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 physios post or email - **nhsh.pelvichealthphysio@nhs.scot** – either way we will ensure your referral goes to the closest and best qualified person to treat you.

Our Pelvic health specialist physiotherapists are:-

Kirsteen Ferguson & Diane Stark, Physiotherapy Department, Torvean Unit, New Craigs Hospital, Inverness IV3 8NP

Ashleigh Bulcraig, County Hospital Invergordon IV18 0JR

Lynne Tait, Caithness General Hospital, Bankhead, Wick, KW1 5NS

Ada Cardiff, Cowal Community Hospital, 360 Argyll Street, Dunoon, PA23 7RL

Iona Fulton, Lorn and Islands Hospital, Glengallan Road, Oban PA34 4HH

<p>If you have any of the following, please see your GP <u>before</u> self referring for physiotherapy</p> <p>Stinging or burning sensation when you pass urine, or blood in your urine</p> <p>Any unusual / unexpected bleeding or staining from the vagina</p> <p>Any bleeding from the anus (back passage)</p> <p>Persistent abdominal pain</p> <p>Persistent abdominal bloating which does not come and go</p> <p>Difficulty eating or finding you feel full early in a meal</p> <p>Recent weight loss without trying</p> <p>Any numbness, tingling or muscle weakness</p>

<p>Have you seen any medical professionals with this problem? Yes/ No</p> <p>If yes, please give details _____</p> <p>How long has it been a problem ? (please circle)</p> <p>Weeks / months / years</p>
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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