

# Physiotherapy Self-Referral

You can now refer yourself to physiotherapy at Horsham Hospital without seeing your GP first.



Physiotherapists treat a wide range of musculoskeletal conditions such as;

- Joint pains
- Spinal pain
- Arthritis management
- Rehab following surgery
- Sport injuries

Following a thorough assessment and discussion with yourself, we use a combination of approaches such as;

- Advice and education
- Exercise
- Manual therapy

You will be offered the most appropriate appointment for your condition and circumstances which may be a face to face appointment, a class or group, or you may be assessed and managed over the telephone.

Please refer yourself via our website or alternatively pick up a paper form from your GP reception.

[sussexmskpartnershipcentral.co.uk/physiotherapy](https://sussexmskpartnershipcentral.co.uk/physiotherapy)