

# CHILDRENS PHYSIOTHERAPY SELF REFERRAL FORM

Please complete this form and return to Cherrytree Therapy Centre, Dr Grays Hosp., Elgin, IV30 1SN

Child's Name: \_\_\_\_\_

Today's date: \_\_\_\_\_

Address: \_\_\_\_\_

GP Name/ Surgery: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact Phone Numbers: Home \_\_\_\_\_

Work/mobile: \_\_\_\_\_

May we leave a message at these numbers?

Yes

No

If you require an interpreter - which language?

**Please give a brief description of why you would like a children's physiotherapy assessment and how the problem is affecting your child?**

**Please circle your answers below:**

Have you consulted your GP about this problem?

Yes

No

Do you think your child has delay in their movement development?

Yes

No

Are they off school?

Yes

No

N/A

Is their sleep disturbed?

Yes

No

Are they able to participate in normal activities?

Yes

No

Have they had this before?

Yes

No

Have they had physiotherapy for this or for any other problem before?

Yes

No

Are they in pain?

Yes

No

Do you think they are getting worse?

Yes

No

How long have they had this problem?

Days

Weeks

Months

Years

Please tell us of any existing medical conditions/ health problems they have and any medications they are taking:

Parents Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

# CHILDRENS PHYSIOTHERAPY SELF REFERRAL FORM



Children under the age of 16 years can now see a Children's Physiotherapist without having to see their GP or Health Visitor first. A parent or legal guardian with parental responsibilities can fill in this form and return it to Paediatric Physiotherapy Cherrytree Therapy Centre Dr Grays Hospital either in person or by post. Forms are available from the Paediatric Physiotherapy Department or your GP

## Why Physiotherapy?

Physiotherapy can be particularly helpful if you have concerns regarding your child's movement or physical development. Also physiotherapy is helpful for a number of musculoskeletal problems like low back pain, neck pain, recent injuries such as strains and sprains, or joint and muscular pain. It is important you give us as much information about your concerns and how it is affecting your child. Physiotherapy is beneficial for children who present with any condition which impairs their physical development and therefore functional potential. It is indicated when there is delay with gross motor skills e.g. rolling, sitting, standing and walking or there are difficulties with mobility like changing position from lying to sitting, sitting to standing.

Physiotherapy may also be able helpful if there are concerns about your child's balance in either sitting or standing, or if there is muscle weakness or limited range of movement at joints. The presence of hyper mobility at joints is not in itself a concern in children unless it is accompanied by both discomfort and developmental delay.

## Made a referral, what next?

A Children's Physiotherapist will look at your form. We will then contact you to discuss what

is the best for your child this may be some advice or to arrange an appointment based on the information you have supplied. Depending on the nature of your child's condition they may be placed on a waiting list. If you have any concerns or their condition worsens you should make an appointment with your GP.

## Painkillers

Over the counter painkillers can be helpful. A pharmacist will be able to advise you on the appropriate medication. If symptoms worsen you may need to see your child's GP.

## Hot or Cold?

You can put ice on a recent sprain/ strain. Use a pack of frozen peas wrapped in a damp towel for 10 minutes.

Older injuries may respond better to heat and using a hot water bottle wrapped in a towel for 10 minutes reduces pain. Be aware that both hot and cold treatments can burn and that you need to check (every 5 minutes) that skin is not becoming very red or blotchy. If this happens, stop.

For further self-help information, you may find the following website helpful:

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)