

## Self-Refer yourself to physiotherapy.

Did you know that you can refer yourself for physiotherapy treatment without having to see your GP?

It is quick, easy and can be done from the comfort of your own home.

If you have a pc, or a smartphone, you can complete an online referral by visiting [www.physioselfrefer.co.uk](http://www.physioselfrefer.co.uk). You will be taken through a series of questions relating to your symptoms. Once you have submitted your referral, our team of senior physiotherapists will review your details and usually send you some advice and appropriate exercises, they will also inform you how to contact the service directly if further treatment is indicated.

***Please note: when you search for your GP surgery in the search box and click enter, the tab you need will move to the top and show under 'Available Organisations'. Click this to get started. Alternatively, you can click straight away on the Enfield Health tab which will take you to the same place.***

Alternatively, if you do not have access to the internet you can telephone our referral team, who will take your referral details for you. You can contact them on **03330 433966**. Please note however, you may be placed onto a call back list, for our advisors to call you back and complete the referral. This is usually within 48 hours (2 working days).

Your details are then forwarded to the physiotherapy provider for your area, which in this case is Enfield Health.

It is important to note, that self-referrals will only be referred for physiotherapy. Your physiotherapist will determine if you need any further treatment or assessments and will arrange these accordingly.