

Musculo-skeletal pain

Advice, exercises and physiotherapy referral information

Introduction

This leaflet gives you details of how to obtain information from the Chartered Society of Physiotherapy about managing your musculoskeletal pain. Also included in the leaflet are the details of how to Self-refer to the Physiotherapy Departments at Gloucestershire Royal Hospital, Cheltenham General Hospital or your local community hospital for assessment and/or advice.

Chartered Society of Physiotherapy

The Chartered Society of Physiotherapy's website gives you information about managing your pain caused by a musculoskeletal condition with access to online information booklets and specific exercise instruction sheets. It also includes advice such as when you should contact your GP.

Musculoskeletal conditions include back, neck, shoulder, elbow, hand, hip, knee, ankle and foot pain.

For information about how you can self-manage musculoskeletal pain, please visit the website below and select the section relating to the area of the body where you feel your pain.

Website: www.csp.org.uk/conditions/managing-pain-home

Reference No.

GHPI1629_03_24

Department

Therapy

Review due

March 2027

Patient Information

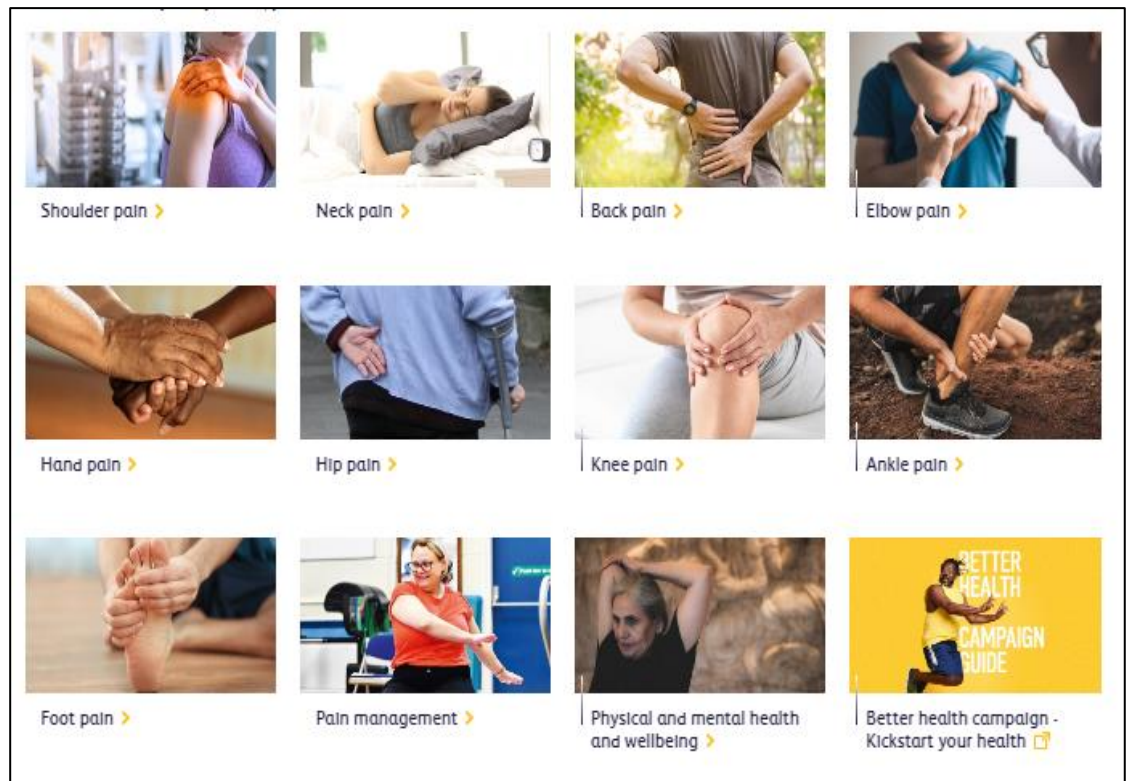


Image of the Chartered Society of Physiotherapy webpage

Self-referral for assessment or advice

Gloucestershire Hospitals NHS Foundation Trust

You can refer yourself to the Physiotherapy Department at Gloucestershire Royal Hospital or Cheltenham General Hospital by using the on-line self-referral form, email or telephone:

Website:

www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/how-can-i-see-physiotherapist/

Email: ghn-tr.physiotherapy@nhs.net

Physiotherapy Department

Gloucestershire Royal Hospital

Tel: 0300 422 8527

Monday to Friday, 7:30am to 5:30pm

Cheltenham General Hospital

Tel: 0300 422 3040

Monday to Friday, 8:00am to 5:00pm

**Patient
Information****Gloucestershire Health and Care NHS Foundation Trust**

You can refer yourself to physiotherapy at one of the community hospitals in Gloucestershire by using the on-line self-referral form at the website below:

Website: <https://www.ghc.nhs.uk/our-teams-and-services/adult-physiotherapy/musculoskeletal-physiotherapy-self-referral-form/>

Below are the telephone contact details for the Physiotherapy Departments in the community hospitals

North Cotswolds Hospital

Tel: 0300 421 8815

Monday to Thursday 8:00am to 4:30pm

George Moore Community Hospital

Tel: 0300 421 6953

Fridays, 8:00am to 4:00pm

Tewkesbury Community Hospital

Tel: 0300 421 6133

Monday to Friday, 8:00am to 4:30pm

Winchcombe Medical Centre

Tel: 0300 421 6133

Mon/Tue/Wed/Fri (please contact the team for exact times)

Lydney Hospital

Tel: 0300 421 8711

Monday to Friday, 9:00am to 12:00 noon

Dilke Memorial Hospital

Telephone 0300 421 8711

Monday to Friday, 9:00am to 3:00pm

Stroud General Hospital

Tel: 0300 421 8895

Monday to Friday, 8:00am to 4:30pm

Vale Community Hospital

Tel: 0300 421 8481

Monday to Friday, 7:30am to 4:30pm

Patient Information

Tetbury Hospital

Tel: 01666 501 766

Tuesday & Friday, 8:00am to 4:30pm

Thursday, 8:30am to 4:00pm

Cirencester Hospital

Tel: 0300 421 6270

Monday to Friday, 8:00am to 4:30pm

Fairford Hospital

Tel: 0300 421 6470

Tuesday & Thursday, 8:30am to 4:30pm

Content reviewed: March 2024

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>