



Self-Referral to Physiotherapy

You can now refer yourself to musculoskeletal physiotherapy without a visit to your GP!

How to self-refer

Online Form

Please scan the QR code to the right or by visiting:
<https://www.northerntrust.hscni.net/services/physiotherapy-services/physiotherapy-service-outpatient-service/musculoskeletal-msk-physiotherapy-self-referral/>



Paper Form

Self-referral forms are available in both your GP practice and in your local physiotherapy department.

Who can self-refer?

You are 16 years or older, reside in the Northern Trust, Have a neck or back problem, joint or muscles pain, or a recent injury such as a sprain or strain

Who should speak to their GP first?

- If you are under the care of a consultant for the same issue
- If you require a home based appointment
- If you are seeking treatment for a neurological, respiratory, obstetric, gynaecological or continence issue
- If you are experiencing pregnancy related pain
- Have a red, hot, swollen joint
- Have a fever, or feel unwell
- Have a history of cancer

Scan the QR Code to access physiotherapy resources

