



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



How do I access physiotherapy outpatient services in Hywel Dda University Health Board?

There are two ways to access Physiotherapy services in Hywel Dda University Health Board

1: You can refer yourself.

2: Your doctor/ consultant or other health care professional (e.g: nurse practitioner, podiatrist, occupational therapist) can refer you to physiotherapy.

For more information please see the physiotherapy section of the Hywel Dda web site www.hywelddalhb.wales.nhs.uk/physio



WHAT IS PHYSIOTHERAPY?

If you have had an injury, illness, surgery, disease or trauma, physiotherapy may help and encourage you to return to normal.

WHAT DO PHYSIOTHERAPISTS DO?

Chartered physiotherapists are health care professionals regulated by the Health Professions Council and are eligible to be members of the Chartered Society of Physiotherapy. We use our knowledge and skills to promote, maintain and restore physical, psychological and social well-being. Common problems seen by physiotherapists include:

Spinal problems – stiff, painful neck or back, injured discs, degeneration, sciatica, lumbago and referred arm and leg pain.

Joint problems – arthritis, injury, pain, swelling and stiffness.

Injuries – to bones (fractures), muscles, ligaments, cartilage and tendons. We also treat work related conditions such as repetitive strain injury (RSI) and sports injuries.

After surgery – rehabilitation after orthopaedic surgery e.g. arthroscopies, joint replacements.

Physiotherapists use different skills and techniques, including manipulation and mobilisation of bones and soft tissue; exercise programmes to improve strength, endurance, power, muscle control and patterning; electrotherapy such as ultrasound or laser; and acupuncture.

1: How to refer yourself.

Simply fill out all sections of the 'Physiotherapy Self Referral Form'. You can get a copy at your local GP surgery or you can download it from our web site at www.hywelldalhb.wales.nhs.uk/physio

Please return this form to:

**Physiotherapy Department, Bronglais Hospital, Caradoc Road,
Aberystwyth, SY23 1ER**

**Physiotherapy Department, Cardigan Hospital, Cardigan,
SA43 1DP**

Aberaeron Hospital, Princes Avenue, Aberaeron, SA46 0JJ

Taliesin Surgery, Lampeter, SA48 7AA

2: Your doctor/ consultant or other health care professional (e.g: nurse practitioner, podiatrist, occupational therapist) can refer you to physiotherapy.

**If you feel that you need urgent medical advice please
contact your GP.**

We try to see urgent referrals within 2 weeks and routine referrals within 14 weeks.

When you reach the top of the waiting list we will send you a letter that asks you to phone and make an appointment at a clinic location that is most convenient for you.

This service is not yet available to children aged under 16 or for neurological, respiratory, obstetric and gynaecological problems