

Physiotherapy Self-Referral

You can now refer yourself to physiotherapy without seeing your GP first if you are registered with a Crawley or Horsham GP.



Physiotherapists treat a wide range of musculoskeletal conditions such as:

- Joint pains
- Spinal pain
- Arthritis management
- Rehab following surgery
- Sport injuries

Following a thorough assessment and discussion with yourself, we use a combination of approaches such as:

- Advice and education
- Exercise
- Manual therapy

You will be offered the most appropriate appointment for your condition and circumstances which may be a one-to-one appointment, a class or group, or you may be assessed and managed over the telephone.

Please refer yourself via our website or alternatively pick up a paper form from your GP reception.

Please note: you must be aged 17 years or older to be seen by the SMSKP Physiotherapy Service. If you are under 17, please contact your GP for advice.

sussexmskpartnershipcentral.co.uk/physiotherapy