



DATBLYGU CYDNERTHEDD, FFYNIANT A LLES
BUILDING RESILIENCE, PROSPERITY AND WELLBEING

Referral Route for Physiotherapy Services

Self-Referral

- ✓ You can refer to the service if you are off sick or at risk of future absence from work using the ***Staying Well at Work Self-Referral Form***.
- ✓ It is advised that you inform and discuss this with your employer **but this is not necessary to be seen within the Service**.
- ✓ Alternatively, an individual can be signposted via their GP / Primary Care Practitioner, DWP Employment Advisers, Job Centre Plus, Remploy or other partners.

Eligibility Checks – Staying Well at Work

Referrals will need to pass an eligibility check. We may be able to support you to return to work after a period of absence if you:

- ✓ Live or work in Rhondda Cynon Taf County Borough
- ✓ Work for a business with less than 250 employees
- ✓ At risk of future absence or currently off work with a work limiting health condition or disability (for example joint or muscle problem such as back pain, stress & anxiety, low mood, etc).

Eligibility Criteria – Physiotherapy Services

We will consider referrals from individuals who are:

- ✓ Off work or at risk of future absence from work due to a musculoskeletal problem such as back pain, neck pain, knee pain, shoulder pain, arthritis, post fracture and post orthopaedic surgery.
- ✓ If the person is already seeing a physiotherapist through the NHS, we may still be able to see them - **but this is for return to work advice only**. With the individual's consent, we may provide reports to the employer with recommendations on reasonable adjustments to facilitate a return to work.

Unfortunately, we are unable to consider referrals from individuals who have:

- ✓ Any neurological condition (for example Parkinson's, MS)
- ✓ Respiratory problems (for example COPD)
- ✓ Musculoskeletal issues that do not have an impact on their work or work activities.