

Referral to your local NHS physiotherapist

You may also wish to request that your GP writes a referral to your local physiotherapist. Sue Nevitt, Senior Physiotherapist at ***Gosport War Memorial Hospital*** was instrumental in helping me turn around my life. She has helped me become more realistic and change my expectations of myself and improve my lifestyle by adjustment and management. It is safe to say, that in the improvement of the quality of my life, there has been a resultant dramatic knock on effect in my own happiness.

I am not sure about this, as there is always much information available about NHS developments, and I suggest that you check and verify it for yourself (please let me know the results). I have a feeling that one can now get cross NHS PCT boundary referrals, especially if the case can be made that the relevant skill does not exist within your own PCT. Therefore, it may still be possible to be referred to Sue Nevitt, even if you live within the responsibilities of another PCT.

Having said that, your local NHS physiotherapist, referred to by your GP, may very well be able to assist you with lifestyle management. The senior physiotherapist at the ***Frosthole Clinic, Fareham***, who picked up on my symptoms, directly referred me to Sue Nevitt and reported back to my GP and certainly was well informed and had the materials to kick start my programme, whilst I was waiting for the appointment for the new referral.

Checked & authorised by SN.

This section last revised on 8th July 2007.