

Hand and Wrist Self-Referral



Did you know you can now refer yourself for physiotherapy and specialist services for your hand or wrist condition without seeing your GP first? Please refer yourself via our website or alternatively pick up a paper form from your GP reception.

Please visit our website to get access to a wide range of exercise and lifestyle information to help you manage your condition.

For more information please help yourself to an information flyer at your GP reception.

Please note: the service is currently only available to adults aged 17 years or over. If you are under 17 please contact your GP for advice.