

## Axial Spondyloarthritis (AS) self-referral for physiotherapy

Please read the following points before completing this self-referral form:

- AxSpA self-referral physiotherapy service is to allow direct access to physiotherapy for patients already diagnosed with Axial Spondyloarthritis / Ankylosing Spondylitis / Psoriatic Spondyloarthropathy and seen previously by the Royal Berkshire Rheumatology Department or Physiotherapy Service.
- The answers provided in this form will be used by the physiotherapist as part of their assessment with you at your first appointment. Following your assessment, the physiotherapist will decide what treatment, if any, they can offer you.
- If you are currently receiving treatment elsewhere for your symptoms, please inform us as it may not be beneficial to have treatment ongoing in two different locations.

Name	
DOB	
Email address	
Hospital number (MRN)	
Diagnosis	
What medication are you currently taking?	
Please give a short summary of the problem	
Please indicate on the diagram where the problem is.	
How long have you had your current symptoms?	
What do you hope to gain from seeing the physiotherapist that will help you in your everyday life?	

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Completed self-referral forms can be emailed to [rbb-tr.rheumtot@nhs.net](mailto:rbb-tr.rheumtot@nhs.net) or posted to: Physiotherapy East, Craven Road, Reading RG1 5LE.