
















Item or Service	Options on how to access																								
 <p><b>Musculo-skeletal physiotherapy</b></p>	<p>16+ years Out-patients Musculoskeletal</p> <p><b>Patient phone: Musculoskeletal triage &amp; advice 0800 917 9390</b> May be referred to out-patients physio. 85% callers referred to physio, 15% advise via website leaflets or MSK app. Patient advised to phone back if have not improved in 2-3weeks</p> <p><b>Advice/ exercises</b> <a href="http://www.nhsinform.co.uk/msk">www.nhsinform.co.uk/msk</a> Digital TV health channel or "NHS 24 MSK help" app</p> <p><b>Integrated Back Pain Service</b> A referral to physiotherapy can access the specialist opinions e.g. multi-disciplinary team case discussion, MRI &amp; investigations, appropriate referral to DCN or Orthopaedics</p> <table border="1" data-bbox="517 360 1517 443"> <tr> <td><b>SCI referral</b> 14+ yrs Out-patients</td> <td>AHP – Physiotherapy</td> <td>select clinic</td> <td>L Physiotherapy</td> </tr> </table> <table border="1" data-bbox="517 443 1517 555"> <tr> <td><b>SCI referral Paediatrics</b> &lt;14 yrs or condition seen previously</td> <td>AHP - Physiotherapy</td> <td>Edinburgh - Royal Hospital for Sick Children</td> <td>L Physiotherapy</td> </tr> </table>	<b>SCI referral</b> 14+ yrs Out-patients	AHP – Physiotherapy	select clinic	L Physiotherapy	<b>SCI referral Paediatrics</b> <14 yrs or condition seen previously	AHP - Physiotherapy	Edinburgh - Royal Hospital for Sick Children	L Physiotherapy																
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 <p><b>Working Health Services</b></p>	<p><b>0131 537 9579</b> Mon-Fri 8.30am-4.30pm Patients who work in small-medium business (&lt;250 people) &amp; off work due to condition</p>																								
 <p><b>Women's Health Contenance</b></p>	<p><b>SCI referral</b></p> <table border="1" data-bbox="517 680 1517 719"> <tr> <td>AHP – Physiotherapy</td> <td>select clinic</td> <td>L Physiotherapy</td> </tr> </table>	AHP – Physiotherapy	select clinic	L Physiotherapy																					
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 <p><b>Antenatal Physiotherapy</b></p>	<p><b>Patient phones 0131 242 1960</b> Pregnant and suffering from Low back pain, Symphysis Pubis Dysfunction or Pelvic floor dysfunction. No splints for carpal tunnel</p>																								
 <p><b>NHS Lothian Staff Physiotherapy</b></p>	<p>NHS Lothian staff and condition is affecting their work or needs work-site intervention Mon-Fri 11.15-12.15pm: <b>Phone RIE x21964 WGH x31303 SJH x54184 AAH x49364/70</b></p>																								
 <p><b>Falls</b></p>	<p>RefHelp eg <a href="#">Falls prevention</a></p>																								
 <p><b>Neurological physiotherapy</b></p>	<p><b>SCI referral to Rehabilitation/ Geriatric Medicine +/- physiotherapy</b></p> <table border="1" data-bbox="517 987 1517 1151"> <tr><td>Astley Ainslie</td><td>Rehabilitation Medicine</td><td>L Neurology Services</td></tr> <tr><td>Liberton</td><td>Geriatric Medicine</td><td>L Basic SIGN Referral</td></tr> <tr><td>Liberton Neuro OP</td><td>Physio</td><td>Letter (no SCI yet)</td></tr> <tr><td>Leith CTC</td><td>Geriatric Medicine</td><td>L Basic SIGN Referral</td></tr> <tr><td>Roodlands</td><td>Geriatric Medicine</td><td>L Basic SIGN Referral</td></tr> <tr><td>St.John's</td><td>Geriatric Medicine</td><td>L Basic SIGN Referral</td></tr> </table> <p><b>SCI referral to Outpatients neurological physiotherapy</b></p> <table border="1" data-bbox="517 1189 1517 1249"> <tr><td>AHP – Physiotherapy</td><td>Edinburgh - Slateford</td><td>L Physiotherapy</td></tr> <tr><td>AHP – Physiotherapy</td><td>West Lothian - St John's</td><td>L Physiotherapy WL</td></tr> </table> <p><b>SCI referral to Physio @ Home</b> (see below)</p>	Astley Ainslie	Rehabilitation Medicine	L Neurology Services	Liberton	Geriatric Medicine	L Basic SIGN Referral	Liberton Neuro OP	Physio	Letter (no SCI yet)	Leith CTC	Geriatric Medicine	L Basic SIGN Referral	Roodlands	Geriatric Medicine	L Basic SIGN Referral	St.John's	Geriatric Medicine	L Basic SIGN Referral	AHP – Physiotherapy	Edinburgh - Slateford	L Physiotherapy	AHP – Physiotherapy	West Lothian - St John's	L Physiotherapy WL
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 <p><b>Physio @ home</b> Incl: Wheeled walker Delta frame Zimmer</p>	<p><b>SCI referral</b></p> <table border="1" data-bbox="517 1330 1517 1442"> <tr><td>AHP – Physiotherapy</td><td>East Lothian - Roodlands</td><td>L Physiotherapy</td></tr> <tr><td>AHP – Physiotherapy</td><td>Edinburgh - Astley Ainslie</td><td>L Physiotherapy Physio @ Home</td></tr> <tr><td>AHP – Physiotherapy</td><td>Midlothian - Roodlands</td><td>L Physiotherapy</td></tr> <tr><td>AHP – Physiotherapy</td><td>West Lothian - St John's</td><td>L Physiotherapy WL</td></tr> </table> <p><b>**NEW** <a href="#">Self-referral form for walking aids</a> – adults only, Edinburgh only</b></p>	AHP – Physiotherapy	East Lothian - Roodlands	L Physiotherapy	AHP – Physiotherapy	Edinburgh - Astley Ainslie	L Physiotherapy Physio @ Home	AHP – Physiotherapy	Midlothian - Roodlands	L Physiotherapy	AHP – Physiotherapy	West Lothian - St John's	L Physiotherapy WL												
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 <p><b>Wrist splint</b></p>	<p>NHS Lothian Procurement – see overleaf or Patient may buy from chemist, or mobility aids shop <i>Not from physiotherapy (only issued as an adjunct to treatment). Not from phone line</i></p>																								
 <p><b>Walking stick</b></p>	<p><b>Community Equipment Store</b> Self selection booklet ⇒ Edinburgh, East &amp; Midlothian <a href="http://www.edinburgh.gov.uk/equipment">www.edinburgh.gov.uk/equipment</a> ⇒ West Lothian booklet &amp; form 01506 775608</p> <p><b>**NEW** <a href="#">Self-referral form for walking aids</a> – adults only, Edinburgh only</b></p> <p>or <b>SCI referral</b></p> <table border="1" data-bbox="517 1771 1517 1805"> <tr> <td>AHP - Physiotherapy</td> <td>select clinic</td> <td>L Physiotherapy</td> </tr> </table>	AHP - Physiotherapy	select clinic	L Physiotherapy																					
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 <p><b>Ferrules &amp; other small household items</b></p>	<p><b>Community Equipment Store</b> Self selection booklet ⇒ <a href="#">Edinburgh, East Lothian &amp; Midlothian online form</a> ⇒ West Lothian booklet &amp; form 01506 775608</p> <p><i>Larger items: Occupational Therapy referral. Acti-glide for compression hosiery can be prescribed</i></p>																								
 <p><b>Crutches</b></p>	<p><b>SCI referral</b></p> <table border="1" data-bbox="517 1951 1517 1984"> <tr> <td>AHP – Physiotherapy</td> <td>select clinic</td> <td>L Physiotherapy</td> </tr> </table>	AHP – Physiotherapy	select clinic	L Physiotherapy																					
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 <p><b>Wheelchair</b></p>	<p><b>SCI referral</b></p> <table border="1" data-bbox="517 2036 1517 2069"> <tr> <td>Astley Ainslie</td> <td>Rehabilitation Medicine</td> <td>L SMART - wheelchair</td> </tr> </table>	Astley Ainslie	Rehabilitation Medicine	L SMART - wheelchair																					
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## Purchase of Wrist Splints via NHS Lothian Procurement

	Item Description	Manufacturer No	Price
	Wrist brace, right small	72819-47	£1.74
	Neoprene wrist brace, right medium	SNB25	£1.73
	Neoprene wrist brace, right large	SNB27	£1.73
	Neoprene wrist brace, right xlarge	SNB/28	£1.73
	Wrist brace, left small	72819-43	£1.74
	Neoprene wrist brace, left medium	SNB15	£1.73
	Neoprene wrist brace, left large	SNB/17	£1.73
	Neoprene wrist brace, left xlarge	SNB/18	£1.73

	Wrist / thumb brace small right jura elastic, beige or black	JWT/23	£1.99
	Wrist / thumb brace medium right jura elastic, beige or black	JWT/25	£1.99
	Wrist / thumb brace large right jura elastic, beige or black	JWT/27	£1.99
	Wrist / thumb brace xlarge right jura elastic, black	JWT/28	£1.99
	Wrist / thumb brace small left jura elastic, beige or black	JWT/13	£1.99
	Wrist / thumb brace medium left jura elastic, beige or black	JWT/15	£1.99
	Wrist / thumb brace large left jura elastic , beige or black	JWT/17	£1.99
	Wrist / thumb brace xlarge left jura elastic , black	JWT/18	£1.99

Wrist splints can also be purchased via local chemists, or mobility aid shops.

*Referral just for a wrist splint is **not** appropriate use of physiotherapy service time and resource. Wrist splints are only issued from physiotherapy as an adjunct to treatment.*

*Wrist splints are **not** available from phone line.*