



# How to self-refer to physiotherapy

Edinburgh Community Physiotherapy Musculoskeletal Out-Patient Service

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## Do you have a muscle or joint problem?



**You will need to complete and send us a self-referral form**

Forms and referral criteria can be found at <https://services.nhslothian.scot/ECPS/Pages/default.aspx> or by scanning the QR code below:



**Completed forms to be sent to:**

Physiotherapy Department  
Slateford Medical Centre  
27 Gorgie Park Close  
Edinburgh  
EH14 1NQ

If your referral is not suitable for physiotherapy we will contact you to let you know.

**For advice and self-care information that can help muscle and joint problems, visit [www.nhsinform.co.uk](http://www.nhsinform.co.uk)**