

## Self-Referral to West Lothian Musculoskeletal (MSK) Physiotherapy

The NHS MATS (Musculoskeletal Advice & Triage Service) telephone line remains closed. West Lothian MSK Physiotherapy Service are introducing a new self-referral form where **routine** patients can self-refer to MSK Physiotherapy OR for a walking aid only. This will be live from **December 2024**.

Patient information handouts below to be displayed in your practice.

### Patient Information

The referral forms are available at [West Lothian – Musculoskeletal Physiotherapy](#) under the 'Self-Referral' section.

Patients should **complete the form online** or **fill out a paper form** and post it to:

**Physiotherapy Self-Referral,  
Physiotherapy Department,  
St John's Hospital at Howden,  
Howden Road West,  
Livingston EH54 6PP**

OR

Patients should ask for a form at their GP Practice reception. Reception should send referrals to the above address in the internal mail.

### PLEASE NOTE

- This service is different to the GP APP (Advanced Practice Physiotherapy) service.
- This service is for patients who require a course of physiotherapy.
- Urgent patients and patients >16 should be referred via SCI.
- Routine patients can also be referred via SCI if your patient cannot self-refer.

**Self-help advice** is also available via <https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints>