

Patient Initiated Follow up

Did you know, you do not always have to have a follow up?
PIFU reduces the number of appointments you need to attend.

What is it?

This means your referral has been discharged following your most recent appointment with your physiotherapist. You now have **3 months**, from the date of your last appointment, to call back to make another appointment if required. You will be booked into the next available appointment

To book an appointment:

Portsmouth Patients call the physiotherapy department on **0300 123 6682 – Option 2**

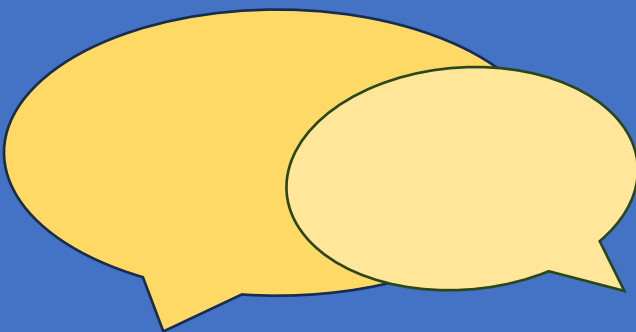
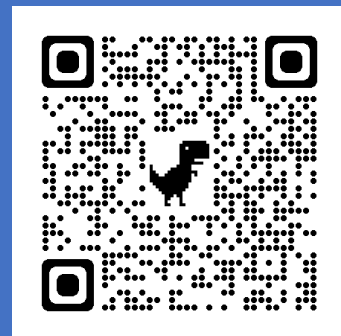
When is PIFU not appropriate?

PIFU is only appropriate for the condition for which we have treated you. For anything else, you will need to create a new referral. This can be done via the self referral form on our website.

For more self help information and the self referral form, please visit our website

<https://www.solent.nhs.uk/msk/>

or use the QR code:



PIFU is only appropriate for the condition for which we have treated you. For anything else, you will need to contact the GP or complete a new self referral form. PIFU is not suitable for providing urgent medical advice. In such a case you should contact your GP, NHS 111, your local walk-in centre or, if you are really unwell, your local Accident and Emergency Department (A&E).

<https://www.solent.nhs.uk/msk/>