

Your Patient Initiated Follow Up (PIFU) Guide Card for:

**Women's Health Physiotherapy
Obstetrics**



**Patient Initiated
Follow-Up**

Even when you are managing your condition, it is common for you to experience temporary setbacks. If this happens, please follow the guidance below using the QR code.



Visit: www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/womens-health

If you have followed the above guidance and still feel that you need to speak to a Physiotherapist, please contact the Physio Admin Office before the end date agreed with your Physiotherapist on **tel: 01484 905380.**