

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



**Patient Initiated
Follow-Up**

When you are recovering from a long term musculoskeletal condition, it is quite normal to experience a flare up of symptoms which may result in a temporary setback.

If this happens, please follow the guidance below using the QR code.



For additional advice please visit the website below or use the QR code:



cht.nhs.uk/services/clinical-services/physiotherapy-outpatients

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