**Patient Initiated Follow-up   
Outpatient Physiotherapy Department**

**What is Patient Initiated Follow-up (PIFU)?**  
This is a type of appointment where your therapist gives you the control as to when you want to rebook your appointment. You will not be given an appointment, but it will be up to you to rebook when you feel ready. Usually, you will be given 3 months to rebook from your last appointment. To rebook, just call up and speak to our reception team, there is no need to go back through your GP or specialist. If you feel your symptoms have settled in this time or are happy with managing your symptoms, then there is no need to rebook. If we don’t hear from you in this time, we will close your care with us and inform your GP or specialist.

**Why are we using PIFU?**  
We believe that you should be at the centre of your care and be able to choose a time when you feel ready and around a time that suits you. We are happy to guide you but ultimately your care is in your hands. PIFU appointments can also help to reduce waiting times and reduced missed or cancelled appointments.  
  
**When do I book an appointment?**

* When you feel that you are ready to progress. This could be your exercises, goals or activities you wanted to return to.
* If you experience a flare up of symptoms which you aren’t sure how to manage on your own.
* If you notice new or worsening symptoms.
* If you have any questions or concerns about your condition which you would like to speak to your therapist about.

You can only book an appointment for the condition your physiotherapist was previously seeing you for and should be withing 3 months of your last appointment.

There is no need to rebook if your symptoms have resolved or if you feel they are settling enough and that you are happy with managing them on your own.

**How do I book my next appointment?**

When you feel you are ready to book your next appointment, contact the department on:

Tel:

Or the Central Booking Office on Tel :

**What details should you give?**

Name  
Current telephone number

NHS Number or Date of Birth