

PARS
Physiotherapy
Appropriate
Referral
System

These conditions are appropriate to refer to
RHW Physiotherapy Outpatient services

Patient can bring referral to Physiotherapy department
on **level zero** or you can Fax to **02 9382 6561** or
email **SESLHD-PhysioRHW@health.nsw.gov.au**

Determine if
bothersome
to patient

Leaking
Urine

Stress UI with cough/laugh/sneeze/
vomiting/exercise/jump

Urge UI – Happens outside of above e.g. approaching
toilet/key in the door/with urinary urge or filling of
bladder

Bladder
Urgency

Experiences triggers leading to **strong sudden
unexpected urge** to urinate (often with an empty
/semi full bladder and may or may not trigger a leak)
e.g. approaching or seeing a toilet/key in the
door/cold weather

Bowels

Bowel urgency regularly unable to hold on for at
least 15 minutes

Loss of Flatal control - uncontrolled loss of wind

Faecal incontinence staining/smearing or loss of
liquid or solid stool

Prolapse

Vaginal Bulge, heaviness, dragging sensation

Pelvic
Pain

Bladder - Bladder pain syndrome
Bowels - IBS, Anorectal pain
Pelvis - Endometriosis, Dysmenorrhoea
Vaginal - Vulvovaginal pain or inability to achieve
penetration
+/- Sexual pain disorder

Ask does she
want physio
referral?

Musculo
-skeletal

**Pregnancy or early postnatal
Back/Pelvis/Hands/Hips/DRAM**

Bothersome pregnancy or postnatal musculoskeletal
pain directly related to their pregnancy

Lympho-
edema

Post cancer treatment (for patients of RHW)

Offer patient education leaflets from The Continence
Foundation of Australia, IUGA , Pain Management
Network and RHW physiotherapy handouts.

