

Triggers for potential referral for specialist physiotherapist engagement

Patient factors

- The diagnosis is unclear.
- The presentation is complex.
 - Complexity is judged based on clinical assessment and/or the use of risk screening tools (eg, the Örebro Musculoskeletal Pain Screening Questionnaire).
 - Complexity might include psychological factors such as faulty beliefs, significant pain sensitivity and movement behaviours that are difficult to change.
- The patient has not progressed as expected within discreet time frames.
- There is a need for reinforcement of evidence-based messages.
- The patient is looking to optimise recovery.
- The patient is interested in a second opinion.

Treating therapist factors

- The treating therapist requires assistance in implementing evidence-based care due to patient factors.
- The treating therapist feels out of their depth with the presentation.
- The treating therapist has a lack of confidence in implementing the necessary care.
- The treating therapist wants advice and/or mentoring.

Systems level factors

- The diagnosis is unclear.
- A more detailed prognosis is required.
- Conservative management options have been exhausted.
- Risk profiling has indicated a need for further specialist medical services.