

CCDHB Mobility Action Programme (MAP) for mild to moderate Hip or Knee Osteoarthritis (OA)

The Willis Street Physiotherapy (WSP) MAP is for patients whose GP is in the CCDHB region only. If your GP is in Hutt Valley, Wairarapa, or North of Otaki please visit the Ministry of Health site to see if you have a local provider <http://www.health.govt.nz/our-work/preventative-health-wellness/mobility-action-programme/mobility-action-programme-projects>

Am I suitable?

- ✓ My GP is based in the CCDHB area
- ✓ I am **not** entitled to, or currently receiving, ACC funded treatment for the Hip and/or Knee problem
- ✓ I am 18 years of age or older
- ✓ My Hip and/or Knee pain/complaints have been limiting my work, or activities important to me, for > 3 months
- ✓ My GP must: agree that my symptoms correspond to mild or moderate Hip or Knee OA; think I am suitable for MAP; think I can participate in a community led exercise programme; complete and send the MAP referral form
- ✓ I am prepared to take part in an exercise programme lasting longer than 1 year

What other factors mean I am not suitable?

- x I am currently on a waiting list for replacement surgery of the affected joint
- x I have an acute injury, e.g. hip or knee sprain, ACL, or cartilage injury
- x I have unstable health and my GP feels other health issues are more important

If you meet the criteria then please continue - (Tick applicable):

Hip			left side			right side	
Knee			left side			right side	

If you meet the criteria please take this completed form and the MAP information form with you to your GP for them to consider a referral.

Be ready to discuss with your GP how your problem is affecting your daily life

If you would like to know more about the WSP MAP then please visit our website:

<http://www.willisstreetphysiotherapy.co.nz/what-we-do/mobility-action-programme/>

GP note (referrals accepted via Healthlink or fax):

- A referral form can be found on 3D Health Care Pathway (Oct 2017)
- map@willisstreetphysiotherapy.co.nz
- EDI: willissp
- Fax: +64 4 9097326

Self expression of interest MAP/ Sep 2017/NC