

Managing your Musculoskeletal condition at home (including exercises)

Managing your bone & joint pain- CSP

These MSK self-management resources are supported by NHS England and Improvement as part of the MSK leadership group which also includes The British Orthopaedic Association (BOA), The British Society for Rheumatology (BSR), The Chartered Society of Physiotherapy (CSP), Versus Arthritis and the Arthritis and Musculoskeletal Alliance (ARMA). https://www.csp.org.uk/conditions/managing-your-bone-joint-or-muscle-pain?utm_source=Member+services&utm_campaign=65b66796a9-Coronavirus+Update+2020+1+April+2020&utm_medium=email&utm_term=0_2054000848-65b66796a9-334228881

Assist - As we manage more musculoskeletal patients remotely via telephone and online consultations, MSK assist is now available to provide a quick and effective solution to support patients to self-manage their musculoskeletal problems.

Patients can access treatment advice straight away via the MSK assist patient portal. Simply click the button below to access treatment advice, educational videos and exercises for specific body areas. <https://mskassist.com/>

Primary Care: For a clinical service to use the MSK assist platforms during the COVID19 period we ask the services lead clinician/ manager to first register their clinic. The primary care platform can then be simply accessed via the header menu or login button in the Primary Care section. <https://mskassist.com/body-chart/>

Versus Arthritis UK – information and guidance on managing

Arthritis: <https://www.versusarthritis.org/about-arthritis/>

Physioexercises.com is a free tool to create exercise programmes for people with injuries and disabilities - <https://www.physiotherapyexercises.com/>

NHS Inform – exercises for back pain -

<https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/exercises/exercises-for-back-pain#rolling-your-knees>

10 today - 10 minutes daily exercise video for older people -

<https://10today.co.uk/>

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Sussex MSK Partnership is brought together by

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