

Self management resources for musculoskeletal problems.



A new library of self management resources is now available for people with musculoskeletal (MSK) problems. They have been developed and endorsed by a UK wide expert panel with input from patient groups, NHS inform and The Plain English Campaign.

You can find this information in a variety of formats- web, digital TV, Smartphone App and paper. These resources are useful for anybody with an MSK problem, their carers, GPs and AHPs.



Web at: www.nhsinform.co.uk/msk On the site there is access to advice on common MSK problems and some simple exercises. The information can also be printed by people with MSK problems or for people they know, on one piece of paper via the links on the right side of each problem page*.

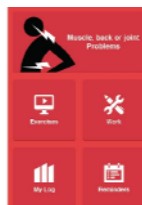
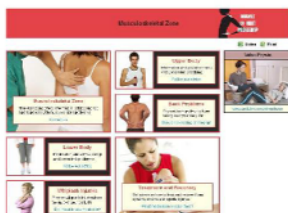


Digital TV via the NHS 24 Digital TV Channel**



Our new **MSK App**. Available now (see over for more information)

All callers to the MSK National Advice & Triage Service pilot are being referred to this information, but it is hoped it will also now be used by all boards with all MSK patients at first contact and referred to during any intervention. This will mean consistent and quality assured self management information is available to all.



*The most up to date versions of this information will always be online.

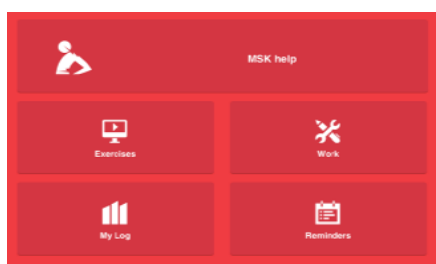
** Freesat and SKY customers: Community Channel 539. Virgin Media customers: 'Home' button then 'Interactive'



'NHS24 MSK help' Smartphone app

The new MSK app is now available free from the iTunes App Store and at the Google Play Store for Android devices.

Download it today and recommend to anybody with a muscle, back or joint problem.



MSK Section

- Find information to help manage muscle, back and joint problems
- Set reminders and keep a log of progress



Work Section

- Advice and links to quality assured information for people of a working age and managers



Healthy Choices

- Activity, food and drink, smoking, well being and mental health advice

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