

# PATIENT GUIDE TO THE MSK SERVICE



## Are you suffering from muscular or joint pains?



Our service brings together specialist musculoskeletal (MSK) practitioners to assess, diagnose and manage your condition in your GP Practice. MSK practitioners are usually physiotherapists by background, with specialist training.

We treat MSK conditions involving:

**bones, soft tissue, muscles, joints, ligaments**

The MSK service can also help those people who are struggling to manage day-to-day tasks and are finding it difficult to work as a result of their pain.

### How do I access the service?

- You can **self-refer** for our MSK service without consulting your GP by **telephoning your GP Surgery and booking via reception.**

### What should I expect?

At your first appointment (which may be over the telephone) you will be asked questions regarding your symptoms, activities, work, etc.

During a face-to-face assessment you might be required to carry out movements to determine the cause of your pain. Therefore, we recommend you wear suitable loose-fitting clothing, such as a shirt, shorts, jogging bottoms and underwear that you are comfortable being assessed in.

Following your assessment, the MSK practitioner may need to refer you for further investigations or treatment as appropriate. This may include imaging (e.g. ultrasound, x-ray), joint injections or a referral to another specialist service.

If it is necessary for you to have a joint injection, your MSK practitioner will discuss this with you and will add you to the waiting list at the surgery.

### How do I make an appointment?

#### **Refer yourself:**

Please ask a receptionist to arrange an initial appointment for you with one of our MSK practitioners. The MSK practitioner will ask you a number of questions to determine the most appropriate management of your condition and will set out a treatment plan for you.

You will likely be seen in your surgery for the appointment. Alternatively, you may be offered another location to give you a greater choice of appointment days and times.

#### **Contact reception on:**

**Broadstone – 01202 697 307**

**Merley – 01202 841 288**