

# Humber, Coast and Vale Health and Care Partnership

## Support for patients to stay healthy and live well with musculoskeletal (MSK) conditions

This toolkit provides a directory of useful links and resources to support patients with musculoskeletal (MSK) conditions to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.
3. Please report any broken links to: [hullccg.stpcontactus@nhs.net](mailto:hullccg.stpcontactus@nhs.net)



## Musculoskeletal Conditions

### Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
Arthritis	Arthritis exercises (Arthritis Action)	<a href="https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercises/">https://www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercises/</a>
	Arthritis information (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/arthritis">https://www.csp.org.uk/conditions/arthritis</a>
	Arthritis overview (NHS)	<a href="https://www.nhs.uk/conditions/arthritis/">https://www.nhs.uk/conditions/arthritis/</a>
	Arthritis social network (Health Unlocked)	<a href="https://healthunlocked.com/arthritis-action">https://healthunlocked.com/arthritis-action</a>
	Being active with arthritis (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-0">https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-term-0</a>
	ESCAPE Pain online support	<a href="https://escape-pain.org/support-homepage">https://escape-pain.org/support-homepage</a>
	Exercises to manage pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/managing-symptoms/exercise/exercises-to-manage-pain/">https://www.versusarthritis.org/about-arthritis/managing-symptoms/exercise/exercises-to-manage-pain/</a>
	Looking after your joints when you have arthritis (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf">https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf</a>
	Treatment for arthritis (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/system/files/physiotherapy_works_for_you_arthritis_0.pdf">https://www.csp.org.uk/system/files/physiotherapy_works_for_you_arthritis_0.pdf</a>



	What is arthritis?	<a href="https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis">https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis</a>
	What is arthritis booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf">https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf</a>
<b>Back Pain and Neck Pain</b>	All you need to know about neck pain (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/neck-pain">https://www.csp.org.uk/conditions/neck-pain</a>
	Back care and neck pain information sheets	<a href="http://backcare.org.uk/i-have-back-or-neck-pain/library/">http://backcare.org.uk/i-have-back-or-neck-pain/library/</a>
	Back pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf</a>
	Back pain exercises section (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf</a>
	Back pain overview (NHS)	<a href="https://www.nhs.uk/conditions/back-pain/">https://www.nhs.uk/conditions/back-pain/</a>
	ESCAPE Pain back pain overview	<a href="https://escape-pain.org/i-have-back-pain-overview">https://escape-pain.org/i-have-back-pain-overview</a>
	Low back pain leaflet (Keele University)	<a href="https://startback.hfac.keele.ac.uk/patients/mobile-leaflet/">https://startback.hfac.keele.ac.uk/patients/mobile-leaflet/</a>
	Low back pain video	<a href="https://www.youtube.com/watch?v=BOJTegn9RuY&amp;feature=youtu.be">https://www.youtube.com/watch?v=BOJTegn9RuY&amp;feature=youtu.be</a>
	Online STarTBack calculator (Keele University)	<a href="https://startback.hfac.keele.ac.uk/training/resources/startback-online/">https://startback.hfac.keele.ac.uk/training/resources/startback-online/</a>



	Neck pain exercises (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf</a>
	Neck pain information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf</a>
	So you have back pain leaflet (Keele University)	<a href="https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/Start%20Patient%20Leaflet%201,%20colour,%20V3.0%20FINAL%20LC%2019.4.18%20(2).pdf">https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/Start%20Patient%20Leaflet%201,%20colour,%20V3.0%20FINAL%20LC%2019.4.18%20(2).pdf</a>
	The truth about back pain	<a href="https://www.youtube.com/watch?v=b-cBtPSf0Hc">https://www.youtube.com/watch?v=b-cBtPSf0Hc</a>
	Upper and lower back mobility exercises (Arthritis Action)	<a href="https://www.arthritisaction.org.uk/wp-content/uploads/2016/09/Back-mobility-exercises.pdf">https://www.arthritisaction.org.uk/wp-content/uploads/2016/09/Back-mobility-exercises.pdf</a>
	Video exercises for back pain (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/back-pain/video-exercises-back-pain">https://www.csp.org.uk/conditions/back-pain/video-exercises-back-pain</a>
	What should I know about back pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/back-pain/">https://www.versusarthritis.org/about-arthritis/conditions/back-pain/</a>
<b>Chronic Pain</b>	Being active with chronic pain (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/system/files/documents/2019-05/0001619_04_loveactivity_being_active_with_chronic_painn_final.pdf">https://www.csp.org.uk/system/files/documents/2019-05/0001619_04_loveactivity_being_active_with_chronic_painn_final.pdf</a>
	ESCAPE Pain online support	<a href="https://escape-pain.org/ESCAPE-pain-Online">https://escape-pain.org/ESCAPE-pain-Online</a>
	Ways to manage chronic pain (NHS)	<a href="https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/">https://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/</a>
	What is chronic pain? (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/chronic-pain">https://www.csp.org.uk/conditions/chronic-pain</a>



<b>Elbow Pain</b>	About elbow pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/">https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/</a>
	All you need to know about elbow pain (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/elbow-pain">https://www.csp.org.uk/conditions/elbow-pain</a>
	Carpal tunnel syndrome exercises (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome">https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome</a>
	Elbow pain information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf</a>
	Exercise sheet for elbow pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/3096/elbow-pain-exercise-sheet.pdf">https://www.versusarthritis.org/media/3096/elbow-pain-exercise-sheet.pdf</a>
<b>Exercise</b>	ESCAPE Pain online support	<a href="https://escape-pain.org/ESCAPE-pain-Online">https://escape-pain.org/ESCAPE-pain-Online</a>
	ESCAPE Pain exercise links	<a href="https://escape-pain.org/support-tools/useful-links-physical-activity">https://escape-pain.org/support-tools/useful-links-physical-activity</a>
	Helping older people to stay active at home (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength">https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength</a>
	Keeping active in and around your home (Sport England)	<a href="https://www.sportengland.org/jointhemovement">https://www.sportengland.org/jointhemovement</a>
	NHS iPrescribe exercise app	<a href="https://www.nhs.uk/apps-library/iprescribe-exercise/">https://www.nhs.uk/apps-library/iprescribe-exercise/</a>
	We Are Undefeatable – Getting more active	<a href="https://www.weareundefeatable.co.uk/">https://www.weareundefeatable.co.uk/</a>
<b>Fractures</b>	Caring for someone with fractures factsheet	<a href="https://strwebstgmedia.blob.core.windows.net/media/41gbqo20/caring-for-someone-with-fractures-fact-sheet-november-2016.pdf">https://strwebstgmedia.blob.core.windows.net/media/41gbqo20/caring-for-someone-with-fractures-fact-sheet-november-2016.pdf</a>



	Daily living with fractures factsheet	<a href="https://strwebstgmedia.blob.core.windows.net/media/hwkdguhg/daily-living-after-fractures-fact-sheet-december-2016.pdf">https://strwebstgmedia.blob.core.windows.net/media/hwkdguhg/daily-living-after-fractures-fact-sheet-december-2016.pdf</a>
	Falls and fragility fractures (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/falls-fractures">https://www.csp.org.uk/conditions/falls-fractures</a>
	Out and about after fractures (The Royal Osteoporosis Society)	<a href="https://strwebstgmedia.blob.core.windows.net/media/uw4few4t/out-and-about-after-fractures-fact-sheet-november-2017.pdf">https://strwebstgmedia.blob.core.windows.net/media/uw4few4t/out-and-about-after-fractures-fact-sheet-november-2017.pdf</a>
	Pain relieving drugs after fractures (The Royal Osteoporosis Society)	<a href="https://strwebstgmedia.blob.core.windows.net/media/hfhh252e/pain-relieving-drugs-after-fractures-fact-sheet-november-2017.pdf">https://strwebstgmedia.blob.core.windows.net/media/hfhh252e/pain-relieving-drugs-after-fractures-fact-sheet-november-2017.pdf</a>
	Recovering from a broken bone (The Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/living-with-osteoporosis/recovering-from-a-broken-bone/">https://theros.org.uk/information-and-support/living-with-osteoporosis/recovering-from-a-broken-bone/</a>
<b>Foot and Ankle Pain</b>	Ankle sprain exercise sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf">https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf</a>
	Foot and ankle pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/foot-and-ankle-pain/">https://www.versusarthritis.org/about-arthritis/conditions/foot-and-ankle-pain/</a>
	Foot pain information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf</a>
	Foot pain simple exercises leaflet (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/system/files/1_foot_pain.pdf">https://www.csp.org.uk/system/files/1_foot_pain.pdf</a>
	Plantar exercises (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf">https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf</a>
<b>Hand Pain</b>	Managing your hand pain (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/managing-pain-home/managing-your-hand-pain">https://www.csp.org.uk/conditions/managing-pain-home/managing-your-hand-pain</a>
	Osteoarthritis education – supported self-management for joint pain	<a href="https://jigsaw-e.com/delivery-toolkit/hand-osteoarthritis-education/">https://jigsaw-e.com/delivery-toolkit/hand-osteoarthritis-education/</a>



	Osteoarthritis of the hand (Keele University)	<a href="https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf">https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf</a>
Hip Pain	ESCAPE Pain information and exercises for knees and hips	<a href="https://escape-pain.org/i-have-knee-hip-pain">https://escape-pain.org/i-have-knee-hip-pain</a>
	Exercises for hip pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf</a>
	Hip pain information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf</a>
	Osteoarthritis hip exercises	<a href="https://www.healthline.com/health/osteoarthritis/hip-exercises-treatment">https://www.healthline.com/health/osteoarthritis/hip-exercises-treatment</a>
Joint Pain	ESCAPE Pain online support	<a href="https://escape-pain.org/ESCAPE-pain-Online">https://escape-pain.org/ESCAPE-pain-Online</a>
	ESCAPE Pain useful links for joint pain	<a href="https://escape-pain.org/support-tools/useful-links-joint-pain">https://escape-pain.org/support-tools/useful-links-joint-pain</a>
	Looking after your joints (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf">https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf</a>
	Osteoarthritis overview (NHS)	<a href="https://www.nhs.uk/conditions/osteoarthritis/">https://www.nhs.uk/conditions/osteoarthritis/</a>
	Osteoarthritis information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf">https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf</a>
	Persistent pain booklet	<a href="https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0">https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0</a>
Knee Pain	ESCAPE Pain information and exercises for knees and hips	<a href="https://escape-pain.org/i-have-knee-hip-pain">https://escape-pain.org/i-have-knee-hip-pain</a>



	Exercises for osteoarthritis of the knee (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12824/osteoarthritis-of-the-knee-exercises.pdf">https://www.versusarthritis.org/media/12824/osteoarthritis-of-the-knee-exercises.pdf</a>
	Knee pain exercises (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/system/files/3_knee_pain.pdf">https://www.csp.org.uk/system/files/3_knee_pain.pdf</a>
	Knee pain exercise sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf">https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf</a>
	Knee pain in young adults (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/patellofemoral-pain-syndrome-knee-pain-in-young-adults/">https://www.versusarthritis.org/about-arthritis/conditions/patellofemoral-pain-syndrome-knee-pain-in-young-adults/</a>
	Knee pain in young adult's information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf">https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf</a>
<b>Osteoporosis</b>	Bone health social network (Health Unlocked)	<a href="https://healthunlocked.com/bonehealth">https://healthunlocked.com/bonehealth</a>
	Exercises and physical activity for osteoporosis (The Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis">https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis</a>
	Healthy living for strong bones	<a href="https://strwebstgmedia.blob.core.windows.net/media/s3qmugrt/healthy-living-leaflet-december-2019.pdf">https://strwebstgmedia.blob.core.windows.net/media/s3qmugrt/healthy-living-leaflet-december-2019.pdf</a>
	Osteoporosis conditions (NHS)	<a href="https://www.nhs.uk/conditions/osteoporosis/">https://www.nhs.uk/conditions/osteoporosis/</a>
	Osteoporosis conditions overview (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/osteoporosis">https://www.csp.org.uk/conditions/osteoporosis</a>
	Osteoporosis exercises (The Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis/staying-steady/">https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis/staying-steady/</a>
	Osteoporosis factsheets and leaflets (The Royal Osteoporosis Society)	<a href="https://theros.org.uk/fact-sheets-and-leaflets/">https://theros.org.uk/fact-sheets-and-leaflets/</a>





	Osteoporosis in men (National Osteoporosis Society)	<a href="https://strwebstgmedia.blob.core.windows.net/media/vthbastl/osteoporosis-in-men-leaflet-september-2016.pdf">https://strwebstgmedia.blob.core.windows.net/media/vthbastl/osteoporosis-in-men-leaflet-september-2016.pdf</a>
	Osteoporosis managing pain (The Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis">https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis</a>
	Pregnancy and osteoporosis (National Osteoporosis Society)	<a href="https://strwebstgmedia.blob.core.windows.net/media/paihbf1h/pregnancy-associated-osteoporosis-booklet-december-2008.pdf">https://strwebstgmedia.blob.core.windows.net/media/paihbf1h/pregnancy-associated-osteoporosis-booklet-december-2008.pdf</a>
<b>Shoulder Pain</b>	Derby shoulder rehabilitation programme – video exercises	<a href="https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgkg4JzASOOnjai&amp;app=desktop">https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgkg4JzASOOnjai&amp;app=desktop</a>
	Keeping active with shoulder pain (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/12823/shoulder-pain-exercise-section.pdf">https://www.versusarthritis.org/media/12823/shoulder-pain-exercise-section.pdf</a>
	Shoulder pain information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf">https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf</a>
	Shoulder pain exercise leaflet (Arthritis UK)	<a href="https://www.csp.org.uk/system/files/5_shoulder_pain.pdf">https://www.csp.org.uk/system/files/5_shoulder_pain.pdf</a>
	Torbay and South Devon shoulder video exercises	<a href="https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/">https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/</a>

