

Humber Coast and Vale Partnership

Support for patients to stay healthy and live well with a long-term condition

FINAL VERSION 25.08.2020

This **toolkit** provides a directory of useful links and resources to support patients with long-term 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.



Musculoskeletal Conditions

Patient Education and Self-management resources

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



	What is arthritis?	https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis
	What is arthritis booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf
Back Pain and Neck Pain	All you need to know about neck pain (Chartered Society of Physiotherapy)	https://www.csp.org.uk/conditions/neck-pain
	Back care and neck pain information sheets	http://backcare.org.uk/i-have-back-or-neck-pain/library/
	Back pain booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf
	Back pain exercises section (Versus Arthritis)	https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf
	Back pain overview (NHS)	https://www.nhs.uk/conditions/back-pain/
	ESCAPE Pain back pain overview	https://escape-pain.org/i-have-back-pain-overview
	Low back pain leaflet (Keele University)	https://startback.hfac.keele.ac.uk/patients/mobile-leaflet/
	Low back pain video	https://www.youtube.com/watch?v=BOjTegn9RuY&feature=youtu.be
	Online STarTBack calculator (Keele University)	https://startback.hfac.keele.ac.uk/training/resources/startback-online/



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



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



Fractures	Caring for someone with fractures factsheet	https://strwebstgmedia.blob.core.windows.net/media/41gbqo20/caring-for-someone-with-fractures-fact-sheet-november-2016.pdf
	Daily living with fractures factsheet	https://strwebstgmedia.blob.core.windows.net/media/hwkdguhg/daily-living-after-fractures-fact-sheet-december-2016.pdf
	Falls and fragility fractures (Chartered Society of Physiotherapy)	https://www.csp.org.uk/conditions/falls-fractures
	Out and about after fractures (The Royal Osteoporosis Society)	https://strwebstgmedia.blob.core.windows.net/media/uw4few4t/out-and-about-after-fractures-fact-sheet-november-2017.pdf
	Pain relieving drugs after fractures (The Royal Osteoporosis Society)	https://strwebstgmedia.blob.core.windows.net/media/hfhh252e/pain-relieving-drugs-after-fractures-fact-sheet-november-2017.pdf
	Recovering from a broken bone (The Royal Osteoporosis Society)	https://theros.org.uk/information-and-support/living-with-osteoporosis/recovering-from-a-broken-bone/
Foot and Ankle Pain	Ankle sprain exercise sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf
	Foot and ankle pain (Versus Arthritis)	https://www.versusarthritis.org/about-arthritis/conditions/foot-and-ankle-pain/
	Foot pain information booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf
	Foot pain simple exercises leaflet (Chartered Society of Physiotherapy)	https://www.csp.org.uk/system/files/1_foot_pain.pdf
	Plantar exercises (Versus Arthritis)	https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf
Hand Pain	Managing your hand pain (Chartered Society of Physiotherapy)	https://www.csp.org.uk/conditions/managing-pain-home/managing-your-hand-pain



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



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



	Osteoporosis factsheets and leaflets (The Royal Osteoporosis Society)	https://theros.org.uk/fact-sheets-and-leaflets/
	Osteoporosis in men (National Osteoporosis Society)	https://strwebstgmedia.blob.core.windows.net/media/vthbast/osteoporosis-in-men-leaflet-september-2016.pdf
	Osteoporosis managing pain (The Royal Osteoporosis Society)	https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis
	Pregnancy and osteoporosis (National Osteoporosis Society)	https://strwebstgmedia.blob.core.windows.net/media/paihbf1h/pregnancy-associated-osteoporosis-booklet-december-2008.pdf
Shoulder Pain	Derby shoulder rehabilitation programme – video exercises	https://www.youtube.com/playlist?list=PLPsEhjgihhKf758Hx_kgkg4JzASOOnjai&app=desktop
	Keeping active with shoulder pain (Versus Arthritis)	https://www.versusarthritis.org/media/12823/shoulder-pain-exercise-section.pdf
	Shoulder pain information booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf
	Shoulder pain exercise leaflet (Arthritis UK)	https://www.csp.org.uk/system/files/5_shoulder_pain.pdf
	Torbay and South Devon shoulder video exercises	https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/

