

Patient Resources: Musculoskeletal

Musculoskeletal (MSK) Helpline

Web: <https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/musculoskeletal-msk-helpline>

Tel: 0800 917 9390 (9.00am to 5.00pm, Monday to Friday). Calls are free from landlines and mobiles.

The Musculoskeletal (MSK) Helpline is a phone service for people experiencing symptoms of MSK disorders - such as back pain or sports injuries. This service can help by finding out if you need to see a doctor, providing key information and advice to help with your problem, referring you to a physiotherapist or podiatrist if you need it.

MSK Self-management Advice

Web: <https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints>

Advice on managing common MSK problems, including: ankle, elbow, back, foot, calf, knee, shoulder, neck, wrist, finger and hip problems.

MSK App

Search for: NHS 24 MSK Help

Free Download

This app contains advice on common muscle, back and joint problems, exercises and video clips to help you get moving safely, and more.

