

Musculoskeletal Community Specialist Service (Berkshire West) video transcript

0:00:01.200,0:00:08.160

We are the musculoskeletal community specialist service or MSK for short. We are a team of

0:00:08.160,0:00:13.600

specialist physiotherapists who are experienced in assessing and treating patients with pain from

0:00:13.600,0:00:19.680

either their upper or lower limbs. Upper limb specialists work on shoulder and elbow pain

0:00:19.680,0:00:25.760

while lower limb specialists work on pain coming from your hip, knee, foot or ankle.

0:00:26.400,0:00:30.800

You may be referred to us if you have musculoskeletal pain in an upper or lower

0:00:30.800,0:00:37.680

limb that has not improved with physiotherapy. A referral can be made via your GP or by the

0:00:37.680,0:00:43.520

MSK physiotherapy outpatient team that you are currently under the care of. We do not

0:00:43.520,0:00:50.080

accept self-referrals. Most appointments are held

face to face in clinic, but we also do offer some

0:00:50.080,0:00:55.520

telephone appointments. We will ask you questions about your symptoms and if we see you face to

0:00:55.520,0:01:01.840

face, we will carry out a detailed assessment of the affected area. After assessing you,

0:01:01.840,0:01:06.400

we will talk to you about what might be causing your symptoms and develop a tailored management

0:01:06.400,0:01:12.640

plan to help you manage your symptoms and improve your function. As part of the plan,

0:01:12.640,0:01:18.880

we might need to refer you for further investigations like X-rays, ultrasound scans,

0:01:18.880,0:01:25.840

MRIs, nerve conduction studies, all of which we will organise for you. Treatment might include

0:01:25.840,0:01:31.280

physiotherapy, steroid injections, surgery, or referral to another service that would better

0:01:31.280,0:01:39.680

meet your needs. You can find more information about MSKCSS and what we offer on our web page.