

Musculoskeletal Physiotherapy Outpatients video transcript

0:00:01.120,0:00:05.360

We are the musculoskeletal physiotherapy outpatient service. We're also known as

0:00:05.360,0:00:11.440

the MSK physio service. We are a team of physiotherapists, osteopaths, physio

0:00:11.440,0:00:18.880

assistants and administrators. A musculoskeletal condition is when your bones, muscles, joints or

0:00:18.880,0:00:24.240

connective tissues are affected by illness or injury causing pain or restricting movement.

0:00:24.240,0:00:29.200

We can help with difficulties such as back pain, arthritis, and recovery following a

0:00:29.200,0:00:35.760

fracture or operation by providing education, advice, and exercises to help manage your pain.

0:00:35.760,0:00:39.760

Depending on your individual symptoms, we may also be able to offer you a place in one

0:00:39.760,0:00:45.200

of our classes, acupuncture, or one-to-one

sessions with our physiotherapy assistant.

0:00:45.200,0:00:51.280

Appointments are held across Berkshire at Wokingham Hospital, Bath Road in Reading,

0:00:51.280,0:00:57.520

West Berks Community Hospital, Church Hill House in Bracknell, Foundation House in Windsor,

0:00:57.520,0:01:03.440

St. Mark's Hospital in Maidenhead and Upton Hospital in Slough. You can self-refer to our

0:01:03.440,0:01:09.680

service via our web page or you may be referred to by a healthcare professional such as your GP.

0:01:09.680,0:01:14.480

When we receive your referral, you will be triaged by one of our senior physiotherapists

0:01:14.480,0:01:19.760

and placed on the appropriate waiting list. We will then contact you via phone or letter

0:01:19.760,0:01:23.760

when we are able to offer you an appointment. You can find out more information about the

0:01:23.760,0:01:30.400

musculoskeletal physiotherapy outpatient service and what we have to offer on our web page.