



# Musculoskeletal Services

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## “What do we do?????”

We provide:

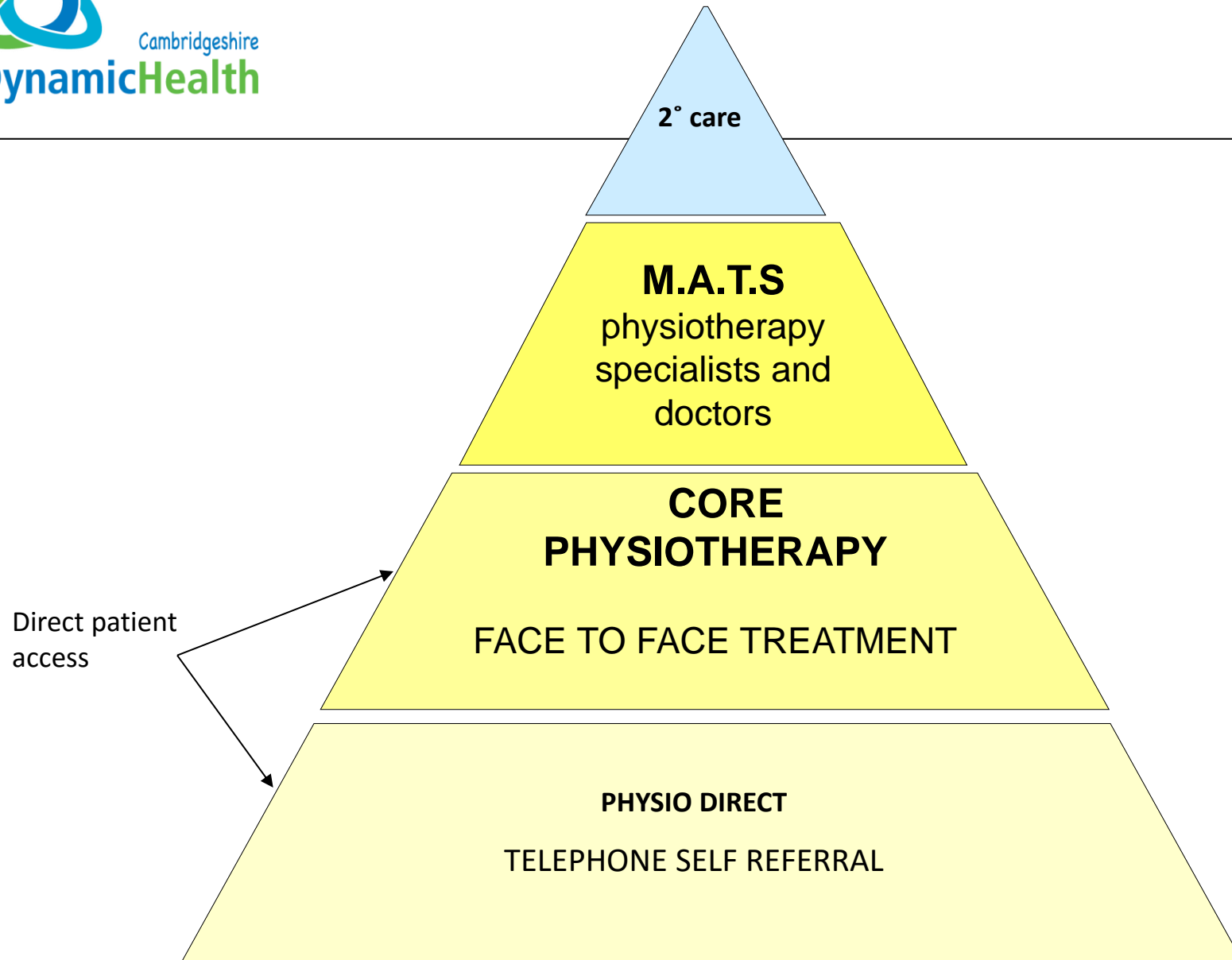
1. Self referral via 2 choices of access- telephone or self referral form
2. Core face to face physiotherapy
3. Triage of referrals via clinical assessment services jointly with secondary care in some areas.
4. Specialist clinics with a variety of professionals-GPSi , Podiatrist, Cons't Rheumo
5. Urogynae Clinics
6. Occupational Health/Rapid Access back to work
7. Pilates classes

## “How do you access our services and where are we located?”

Access is by:

1. Self referral
1. GP referral
1. Via NHS E-referral  
(Choose and Book)

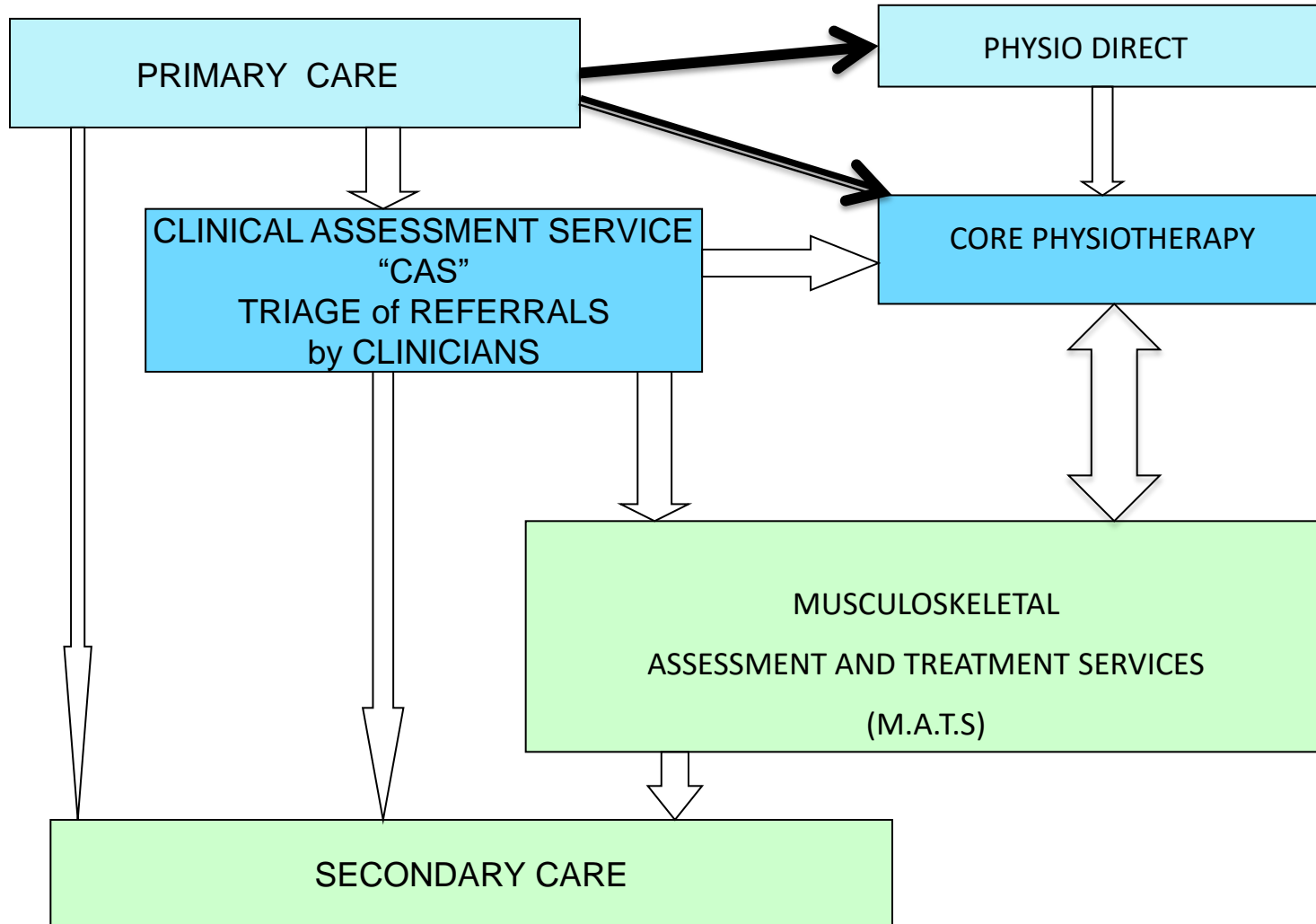
We are located in hospitals, clinics, GP surgeries, health centers and medical practices in hub based groups of staff across Cambs and Peterborough.



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# Other services

- Pilates
- Up group-understanding pain and improving fitness
- Access to Gym referral scheme



Virtual clinics and  
direct listing in progress  
between Orthopaedics  
and Dynamic Health

OUR ETHOS IS:  
RIGHT PATIENT  
TO  
RIGHT PROFESSIONAL  
OR  
“GETTING IT RIGHT FIRST TIME  
**GIRFT**”  
Professor Tim Briggs

Excellent  
orthopaedic  
collaboration with  
GP’s and our Acute  
hospitals

New  
Dynamic Health  
website  
under construction



Excellent friends  
and family and high  
patient satisfaction  
received by all  
services





# Regional examination tips

- Shoulder-lateral rotation
- Hip-rotation in neutral and flexion, question on shoes and socks
- Knees-stance, hop dip and twist
- Feet and ankles-look at the naked foot, tip toe and observe gait if possible.
- Lumbar spine-back versus leg pain; forward flexion, straight leg raise, heel and toe walk
- Cervical spine-neck versus arm pain

# How to make best use of the MSK system

- Can the patient self-manage with the right information?
- Is there any other things that influence their management that we need to know about such as anxiety issues etc.
- Don't duplicate referrals
- By giving us good quality information, it allows us to allocate patients to appropriate appointments
- If they fit the guidelines for THR or TKR, do up-to-date x-rays and use choose and book, NOT physio direct.

# Managing chronic pain patients

- Avoid too many investigations as patients think we can see things to treat
- We all develop wrinkles as we age, some of the findings on MRI are therefore normal
- Make sure patients do take medication when they need it
- Mindfulness and use of the IAPT services alters how patients perceive their pain and improve their function.

# Good resources

- ARC – Arthritis Research
- DynamicHealth Physio direct website – for self referral and advice leaflets
- Youtube – good for taping and self management videos eg plantar fasciatis
- Keele start back website

**The End**

**Any Questions???**