

## Patient Information Leaflet: Haringey and Islington MSK Service

### Musculoskeletal (MSK) Services

These are services for people with musculoskeletal conditions, for example, back and neck pain, other joint or muscle pain, strains and sprains, arthritis, neural pain. Our team includes health professionals covering all musculoskeletal specialist areas who can provide a comprehensive assessment and range of treatments and management plans in a community or hospital setting.

Before your appointment, visit our website [www.whittington.nhs.uk/msk](http://www.whittington.nhs.uk/msk) for information, leaflets and videos on how you can begin to help your pain and return to your usual activities.

### What happens now?

An experienced clinician looks at the information provided to ensure you are booked to see the right professional. That might be a Physiotherapist, an Advance Practice Physiotherapist, a Podiatrist, an Orthopaedic Surgeon, a Rheumatologist or a Pain Management Specialist. Our service will then contact you to by text or telephone (so do make sure your GP has your correct number) or letter to book an appointment. At your appointment you will have a thorough assessment and an opportunity to have your questions answered. Some of our appointments (for example Back pain or knee arthritis) start with a group education session followed by an assessment. Following your assessment, a treatment plan will be decided with you. This may include advice, specific exercises, group exercises or a variety of specialist treatments with the aim of helping you return to your usual activities. All of our services can refer you onto to a different specialty within the MSK service, if required.

### Where will I be seen?

Our services are offered over a variety of community health centers and hospital sites in Haringey and Islington. You will be offered the earliest appointment available and you will be given a choice of venues.

### What to wear?

During your assessment you might be required to carry out a number of movements. Therefore we recommend you wear suitable loose fitting clothing. You may be asked to expose the body part to be assessed to allow full assessment of your condition.

### What if I need to go to a hospital appointment?

You will be able to choose which hospital you wish to be treated in and a referral will be arranged through our support team.

### To make an appointment

**Refer yourself into MSK Physiotherapy or MSK Podiatry:** Complete an online self-referral form [www.whittington.nhs.uk/msk](http://www.whittington.nhs.uk/msk), you can also print out and send to us via email or post to the address below

**GP referral:** Make an appointment with your GP who will decide if you may benefit from a referral to the service. You will then be contacted by the service to arrange an appointment.

### Important information

Attending your appointment: informing us in good time if you need to cancel helps reduce waiting times for all patients and reduce costs to the NHS. If you need to change your appointment or no longer need an assessment, please call us below at least 48 hours prior to your appointment so that it can be offered to someone else.

If you are late for your appointment it may be rescheduled and if you do not attend your appointment without notifying us, you will be discharged from the service.

Let us know when you book if you need an interpreter.

### Data protection and patient confidentiality

Sharing your data is always anonymised and cannot be traced back to you personally. This enables the service to continually improve and improve the local population's health by looking at trends in musculoskeletal problems and what treatments help the most. Thank you for being partners in improving care. Patient and GP support, comments, complaints and suggestions.

### To contact us:



Email: [msk.haringey-islington@nhs.net](mailto:msk.haringey-islington@nhs.net)



Web: [whittington.nhs.uk/msk](http://whittington.nhs.uk/msk)



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