

Musculoskeletal (MSK) conditions affect over 20 million people in the UK.

Aches and pains are common. Even though they can interfere with your day-to-day activities, often these conditions can be treated at home and don't require a trip to your GP or to hospital.

There are a range of different self-care guides which can help you manage symptoms for the following MSK conditions.

- Neck
- Shoulder
- Back
- Elbow
- Hand
- Hip
- Knee
- Foot & Ankle



Scan the QR Code on your phone to access our self-care guides on how you can manage your symptoms at home.

