MSK RESOURCES WEBLINK

CSP LINK for wide variety of conditions and further links

https://www.csp.org.uk/conditions/managing-pain-home	
https://www.csp.org.uk/publications/get-go-guide-staying-steady- english-version	
https://www.csp.org.uk/conditions/managing-pain- home/preventing-bone-joint-muscle-pain	

GRAMPIAN MSK WEBSITE

https://www.mskphysiogrampian.scot.nhs.uk/self-help	
<u>Grampian Guidance Home Page - Home (scot.nhs.uk)</u>	

Want to get more active? Try some of the ideas outlined here:

https://www.nhs.uk/conditions/nhs-fitness-studio/	
Stronger my way The Chartered Society of Physiotherapy (csp.org.uk)	

<u>Sleep</u>

Sleep hygiene NHSG PIL

https://www.gpm.scot.nhs.uk/wp-content/uploads/2020/06/Sleep-Hygiene-PIL.pdf

Dizziness/ Headaches:

Brain and Spine Foundation – face pain, dizziness, headache

https://www.brainandspine.org.uk/

Dizziness

https://www.brainandspine.org.uk/our-publications/booklets/dizziness-and-balanceproblems/

<u>Headache</u>

https://www.brainandspine.org.uk/our-publications/booklets/headache/

TMJ

https://patient.info/bones-joints-muscles/temporomandibular-joint-disorders#

OA/ RA/ AS/ OP and fibromyalgia

General arthritis

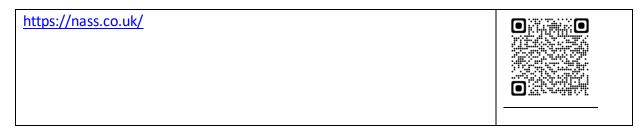


arthritis/conditions/fibromyalgia/	
Fibromyalgia - Overview (healthtalk.org)	

National Rheumatoid Arthritis Society

https://www.nras.org.uk/

National Ankylosing Spondylitis Society



Royal Osteoporosis Society



Tools and measures:

SPADE Tool	
STarTBacK Online - STarT Back - (keele.ac.uk)	
Oxford Hip Score - Orthopaedic Scores	
Wells' Criteria for DVT - MDCalc	