

This list of MSK self-management resources was put together as part of the MSK-Tracker project (Grant 21405) funded by Versus Arthritis, led by Dr Jonathan Hill at Keele University.

To request further evidence-based online resources to be considered for the list - please email Dr Hill (j.hill@keele.ac.uk) containing a link to the resource.

Heading	Leaflet name (produced by)	PDF / Link
ADVICE		
SPINAL		
Neck	Neck Pain Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf
	Neck Pain Exercise Pamphlet (Versus Arthritis)	https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf
	Neck Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21788/neck-pain-exercise-sheet.pdf
Back pain	First-line resource for people with back pain (Keele University)	https://startback.hfac.keele.ac.uk/patients/
	Back Pain Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1248/back-pain-information-booklet.pdf
	Back Pain Exercise Pamphlet (Versus Arthritis)	https://www.versusarthritis.org/media/12819/back-pain-exercise-section.pdf
	Back Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21786/back-pain-exercise-sheet.pdf
	CSP Back Pain animation (CSP)	https://www.youtube.com/watch?time_continue=6&v=24P7cTQjsVM
	Low Back Pain animation (Doc Mike Evans)	https://www.youtube.com/watch?v=BOjTegn9RuY&t=10s
	The truth about back pain video (Keele University and AXA PPP)	https://www.youtube.com/watch?v=b-cBtPSf0Hc
So you think you have back pain? Your guide to back pain and what you can do about it (Keele University)	https://startback.hfac.keele.ac.uk/wp-content/uploads/2019/03/Start-Patient-Leaflet-1-black-and-white.pdf	
Back Care Website	A website with lots of information leaflets about back pain, neck pain and whiplash (BackCare)	http://backcare.org.uk/i-have-back-or-neck-pain/library/
UPPER LIMB		

Shoulder	Shoulder pain booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1264/shoulder-pain-information-booklet.pdf
	Shoulder pain exercise pamphlet (Versus Arthritis)	https://www.versusarthritis.org/media/3095/shoulder-pain-pamphlet.pdf
	Shoulder advice & exercise resource (British Elbow & Shoulder Society)	http://www.bess.org.uk/index.php/public-area/shpi-videos
Elbow	Elbow pain book (Versus Arthritis)	https://www.versusarthritis.org/media/1339/elbow-pain-information-booklet.pdf
	Elbow exercises leaflet (Versus Arthritis)	https://www.versusarthritis.org/media/12820/elbow-pain-exercise-section.pdf
Hand	Osteoarthritis of the hand information resource leaflet (Keele University)	https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf
	Looking after your joints leaflet (Versus Arthritis)	https://www.versusarthritis.org/media/1271/looking-after-your-joints-information-booklet.pdf
LOWER LIMB		
Hip	Hip pain booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf
	Hip pain exercise pamphlet (Versus Arthritis)	https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf
	Keep moving exercise Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf
	Keele Pain Recorder App (Keele University)	https://jigsaw-e.com/delivery-toolkit/pain-app/
	JIGSAW-E website supported self-management resources for joint pain (Keele University)	https://jigsaw-e.com/
	Osteoarthritis Guidebook (Keele University)	https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf
Knee	Knee pain exercise leaflet (Versus Arthritis)	https://www.versusarthritis.org/media/3091/knee-pain-exercise-sheet.pdf
	Knee Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf
	OA knee booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1259/osteoarthritis-of-the-knee-information-booklet.pdf
	Knee pain in young adults (Versus Arthritis)	https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf
	Keep moving exercise Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf

	<p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
Ankle	<p>Ankle sprains exercise sheet 1 (Versus Arthritis)</p> <p>Ankle Sprains Exercise Sheet 2 (Versus Arthritis)</p> <p>Foot and ankle surgery: who is it for? (Versus Arthritis)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/3089/ankle-sprain-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/1301/foot-and-ankle-surgery-information-booklet.pdf</p> <p>https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</p> <p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
Foot	<p>Foot pain booklet (Versus Arthritis)</p> <p>Plantar fasciitis exercise sheet (Versus Arthritis)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/media/3094/plantar-fasciitis-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
CONDITION INFORMATION		
Ankylosing Spondylitis	Ankylosing Spondylitis Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1247/ankylosing-spondylitis-information-booklet.pdf
Arthritis	What is arthritis? Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf
Carpal tunnel	Carpal tunnel syndrome booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1318/carpal-tunnel-syndrome-information-booklet.pdf

Cauda Equina Syndrome	Cauda Equina Syndrome (Patient.info)	https://patient.info/health/back-and-spine-pain/cauda-equina-syndrome
Fibromyalgia	Fibromyalgia information (Versus Arthritis)	https://www.versusarthritis.org/media/1251/fibromyalgia-information-booklet.pdf
Giant Cell Arteritis (GCA)	PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK) Vasculitis UK patient information (Vasculitis UK)	http://www.pmrgca.co.uk/content/about-pmr-and-gca http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis
Hypermobility	Joint hypermobility Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf
Osteoarthritis	OA Guidebook (Keele University) Osteoarthritis information (Versus Arthritis)	https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA_Guidebook.pdf https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf
Osteoporosis	Website to help understand the causes and treatment of osteoporosis (Royal Osteoporosis Society)	https://theros.org.uk/information-and-support/understanding-osteoporosis/causes-of-osteoporosis-and-broken-bones/
Polymyalgia Rheumatica (PMR)	PMR patient information (Versus Arthritis) PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK)	https://www.versusarthritis.org/media/1322/polymyalgia-rheumatica-information-booklet.pdf http://www.pmrgca.co.uk/content/about-pmr-and-gca
Raynauds Phenomenon	Raynauds information (Versus Arthritis)	https://www.versusarthritis.org/media/1263/raynauds-phenomenon-information-booklet.pdf
Rheumatoid arthritis	Rheumatoid arthritis information (Versus Arthritis) RA Advice & exercise resources (National Rheumatoid Arthritis Society)	https://www.versusarthritis.org/media/12748/rheumatoid-arthritis-information-bookletv2.pdf https://www.nras.org.uk/living-with-ra
Spinal Stenosis	Spinal Stenosis (Patient.info)	https://patient.info/health/back-and-spine-pain/spinal-stenosis
Whiplash	Website containing information about whiplash and its treatment (NHS)	https://www.nhs.uk/conditions/whiplash/
CHRONIC PAIN		

Persistent Pain	<p>Turning the Volume Down on Pain information leaflet (Body Logic)</p> <p>Understanding pain: What to do about it in less than 5 minutes (Australian animation)</p> <p>Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)</p>	<p>https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0</p> <p>https://www.youtube.com/watch?v=C_3phB93rvI</p> <p>https://www.keele.ac.uk/kpr/</p>
Live well with pain	Resources for living well despite pain (Live Well With Pain)	https://livewellwithpain.co.uk/
Retrain pain	A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management (Retrain Pain Foundation)	https://www.retrainpain.org/
Psychology in pain	Useful videos that help understand chronic pain (produced by Prof Tamar Pincus)	https://www.youtube.com/watch?v=N7vRyCW2XS0
MEDICATION		
Medication	<p>Painkillers 1 (Versus Arthritis)</p> <p>Painkillers 2 (Versus Arthritis)</p> <p>Amitriptyline 1 (Versus Arthritis)</p> <p>Amitriptyline 2 (Versus Arthritis)</p> <p>Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)</p>	<p>https://www.versusarthritis.org/media/1296/painkillers-and-nsaids-information-booklet.pdf</p> <p>https://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf</p> <p>https://www.versusarthritis.org/media/1279/amitriptyline-information-booklet.pdf</p> <p>https://www.versusarthritis.org/media/14625/amitriptyline-information-booklet-2019.pdf</p> <p>https://www.keele.ac.uk/kpr/</p>
INFORMATION ABOUT GENERAL ACTIVITY		
General exercise advice	<p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>The Importance of Intensity in Physical Activity animation (Doc Mike Evans)</p> <p>23 and ½ hours animation (Doc Mike Evans)</p>	<p>https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf</p> <p>https://www.youtube.com/watch?v=OMn8Tq5Eya0</p> <p>https://www.youtube.com/watch?v=3F5Sly9JQao</p>
INFORMATION ABOUT INVESTIGATIONS		
MRI	MRI Scan (Patient.info)	https://patient.info/health/mri-scan
CT	CT Scan (Patient.info)	https://patient.info/health/ct-scan
X-ray	X-ray test (Patient.info)	https://patient.info/health/x-ray-test

Ultrasound	Ultrasound scan (Patient.info)	https://patient.info/health/ultrasound-scan
DEXA	Bone scan (Dexa) (Patient.info)	https://patient.info/health/cancer/bone-scan
Blood test	Blood tests (Patient.info)	https://patient.info/health/blood-tests
INFORMATION ABOUT INJECTIONS		
Steroid Injection	Steroid injections information (Versus Arthritis)	https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/
INFORMATION ABOUT SURGERY		
Surgery	Information about knee, hip, foot, shoulder, elbow, wrist and hand surgery (Versus Arthritis)	https://www.versusarthritis.org/about-arthritis/treatments/surgery/
OTHER INFO (DIET, FALLS, SLEEP, SMOKING, WORK, WOMEN'S HEALTH)		
Diet	Eatwell Guide Booklet 2016 (Public Health England)	https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf
Falls	Falls Prevention animation (CSP)	https://vimeo.com/232010084/56c5778dcd
Balance retraining	Online resource to help retrain balance and reduce vestibular related dizziness (Balance Retraining)	https://balance.lifeguidehealth.org/player/play/balance
Stop Smoking	Stop smoking website (NHS)	https://www.nhs.uk/smokefree
Work	Work and health leaflet. How common health problems should be accommodated at work (Waddell and Burton)	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf
Women's Health	Women's Health leaflet about incontinence (CSP)	https://www.csp.org.uk/public-patient/common-conditions/incontinence
	Breast Health Bra size (CSP)	https://www.csp.org.uk/publications/breast-health-your-bra-right-you
EMOTIONAL WELL BEING/SLEEP		
Anxiety and low mood	Anxiety (Patient.info)	https://patient.info/health/anxiety
	Depression (Patient.info)	https://patient.info/health/depression-leaflet
Sleep	The good sleep guide (CSP)	https://www.csp.org.uk/publications/good-sleep-guide
	Bed buyers guide (Sleep Council)	https://www.sleepcouncil.org.uk/wp-content/uploads/2015/02/bed_buyers_guide.pdf
	Sleep information (Versus Arthritis)	https://www.versusarthritis.org/media/1274/sleep-and-arthritis-information-booklet.pdf

<p>Beating the Blues (Not free)</p>	<p>Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours (365 Health and Wellbeing)</p>	<p>http://www.beatingtheblues.co.uk</p>
<p>MoodGYM (Not free)</p>	<p>Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (e-hub Health Pty Ltd)</p>	<p>https://moodgym.com.au/</p>
<p>Living life to the full (Free)</p>	<p>Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more (Living Life to the Full)</p>	<p>https://littf.com/</p>
<p>Moodjuice (Free)</p>	<p>A collection of resources on a wide range of mental health and lifestyle issues (Choose Life Falkirk and Adult Clinical Psychology Service, NHS Forth Valley)</p>	<p>https://www.moodjuice.scot.nhs.uk/</p>
<p>MyCompass (Free)</p>	<p>A personalised self-help tool for your mental health (Black Dog Institute)</p>	<p>https://www.mycompass.org.au/</p>
<p>Beyond Blue (Free)</p>	<p>Provides information and support to help achieve best possible mental health (Beyond Blue)</p>	<p>https://www.beyondblue.org.au/</p>
<p>Young Minds</p>	<p>A guide to younger people's mental health (Young Minds)</p>	<p>https://youngminds.org.uk</p>
<p>Kooth</p>	<p>An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use (XenZone)</p>	<p>www.kooth.com</p>
<p>Mental Health</p>	<p>CBT self-help and therapy resources (Get Self Help)</p> <p>Self-help guides (NHS)</p> <p>Guided Meditation (Oxford Mindfulness)</p>	<p>www.getselfhelp.co.uk</p> <p>www.ntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</p> <p>www.youtube.com/watch?v=CVW_IE1nsKE</p>

	Online Mindfulness Courses (Wellmind Media)	www.bemindfulonline.com
Apps		
Headspace App	A guide to health and happiness. It's the simple way to let go of stress and get better	Go to the Play Store or App Store
SAM App (Self-help for Anxiety)	SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection	
Calm Harm App	An app that helps to resist or manage the urge to self-harm	
USEFUL ORGANISATIONS (WEBSITES AND PHONE NUMBERS)		
	<p>VERSUS ARTHRITIS The arthritis helpline 0800 5200 520 www.versusarthritis.org</p> <p>Backcare 0845 130 2704 www.backcare.org.uk</p> <p>Ehlers-Danlos Support UK 0208 736 5604 www.ehlers-danlos.org</p> <p>Fibromyalgia Action UK 0844 887 2444 www.fmauk.org</p> <p>Hypermobility Syndrome Association 033 3011 6388 www.hypermobility.org</p> <p>Lupus UK 01708 731251 www.lupusuk.org.uk</p> <p>National Ankylosing Spondylitis Society 020 8948 9117 www.nass.co.uk</p> <p>Polymyalgia Rheumatica & Giant Cell Arteritis UK 0300 111 5090 www.pmrgcauk.com</p> <p>Scleroderma and Raynaud's UK 020 7000 1925 www.sruk.co.uk</p> <p>UK Gout Society www.ukgoutsociety.org</p>	