



MSK self-management resources



This list of MSK self-management resources was put together by Dr. Jonathan Hill (University of Keele) and is provided for free to the Back-UP project team funded by the European Horizon 2020 research and innovation programme under grant agreement No 777090. The authors have no conflicts of interest to declare.

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/22277/neck-pain-information-booklet.pdf
	Neck Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21788/neck-pain-exercise-sheet.pdf
	Neck pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/neck-pain/
	Neck pain website (CSP)	https://www.csp.org.uk/conditions/neck-pain
	NHS website about whiplash	https://www.nhs.uk/conditions/whiplash/
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/22270/back-pain-information-booklet.pdf
	Back Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21786/back-pain-exercise-sheet.pdf
	Back pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/back-pain/
	Osteoarthritis of the spine (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-spine/
	CSP back pain website	https://www.csp.org.uk/conditions/back-pain
	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
Spinal stenosis	Spinal stenosis information from patient.info	https://patient.info/health/back-and-spine-pain/spinal-stenosis
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/22283/shoulder-pain-information-booklet.pdf
	Shoulder pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/shoulder-pain/
	Osteoarthritis of the elbow and shoulder (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/
	Subacromial shoulder pain resource (British Elbow & Shoulder Society)	http://www.bess.org.uk/index.php/public-area/shpi-videos
	Torbay and South Devon shoulder exercise videos	https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/
	The Derby Shoulder Instability Rehabilitation Programme	https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgkg4JzASOOnjai&app=desktop
	CSP shoulder pain website	https://www.csp.org.uk/conditions/shoulder-pain
Elbow	Elbow pain booklet (Versus Arthritis)	https://www.versusarthritis.org/media/22272/elbow-pain-information-booklet.pdf
	Elbow pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/
	Osteoarthritis of the elbow and shoulder (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/
	CSP website about elbow pain	https://www.csp.org.uk/conditions/elbow-pain
	Carpel tunnel syndrome exercises (CSP website)	

		https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome
Hand	<p>Osteoarthritis of the hand information resource leaflet (Keele University)</p> <p>Hand and wrist pain (Versus Arthritis website)</p> <p>Hand and wrist booklet (Versus Arthritis)</p> <p>Looking after your joints (Versus Arthritis website)</p>	<p>https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/hand-and-wrist-pain/</p> <p>https://www.versusarthritis.org/media/22310/hand-and-wrist-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/managing-symptoms/joint-care/</p>
LOWER LIMB		
Hip	<p>Hip pain booklet (Versus Arthritis)</p> <p>Hip pain (Versus Arthritis website)</p> <p>Osteoarthritis of the hip (Versus Arthritis website)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website supported self-management resources for joint pain (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/22275/hip-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/hip-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-hip/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-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>
Knee	<p>Knee Pain Exercise Sheet (Versus Arthritis)</p> <p>OA of the knee (Versus Arthritis website)</p> <p>Knee pain (Versus Arthritis website)</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>https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-knee/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/knee-pain/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf</p> <p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p>

	<p>Osteoarthritis Guidebook (Keele University)</p> <p>CSP website about knee pain</p>	<p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p> <p>https://www.csp.org.uk/public-patient/rehabilitation-exercises/knee-pain</p>
Ankle and foot	<p>Ankle sprains exercise sheet (Versus Arthritis)</p> <p>Foot and ankle surgery for arthritis (Versus Arthritis)</p> <p>Foot and ankle pain (Versus Arthritis website)</p> <p>Osteoarthritis of the foot and ankle (Versus Arthritis website)</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/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/about-arthritis/conditions/foot-and-ankle-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-foot-and-ankle/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-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/21790/plantar-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-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	<p>Ankylosing Spondylitis Booklet (Versus Arthritis)</p>	<p>https://www.versusarthritis.org/media/22269/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf</p>
Arthritis	<p>What is Arthritis? (Versus Arthritis website)</p>	<p>https://www.versusarthritis.org/about-arthritis/conditions/arthritis/</p>

Carpal tunnel	Carpal tunnel syndrome booklet (Versus Arthritis booklet)	https://www.versusarthritis.org/media/22271/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 booklet)	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) GCA booklet (Versus Arthritis) GCA (Versus Arthritis website)	http://www.pmr-gca.co.uk/content/about-pmr-and-gca http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis https://www.versusarthritis.org/media/22273/giant-cell-arteritis-information-booklet.pdf https://www.versusarthritis.org/about-arthritis/conditions/giant-cell-arteritis-gca/
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) Osteoarthritis exercise sheet (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 https://www.versusarthritis.org/media/21789/osteoarthritis-exercise-sheet.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/22279/polymyalgia-rheumatica-information-booklet.pdf http://www.pmr-gca.co.uk/content/about-pmr-and-gca
Raynauds Phenomenon	Raynauds information (Versus Arthritis)	https://www.versusarthritis.org/media/22281/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	Turning the Volume Down on Pain information leaflet (Body Logic) Understanding pain: What to do about it in less than 5 minutes (Australian animation) Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)	https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0 https://www.youtube.com/watch?v=C_3phB93rvI https://www.keele.ac.uk/kpr/
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	Painkillers and NSAIDs (Versus Arthritis) Amitriptyline (Versus Arthritis) Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)	https://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf https://www.versusarthritis.org/media/14625/amitriptyline-information-booklet-2019.pdf https://www.keele.ac.uk/kpr/
INFORMATION ABOUT GENERAL ACTIVITY		
General exercise advice	Keep moving exercise Booklet (Versus Arthritis) The Importance of Intensity in Physical Activity animation (Doc Mike Evans) 23 and ½ hours animation (Doc Mike Evans)	https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf https://www.youtube.com/watch?v=OMn8Tq5Eya0 https://www.youtube.com/watch?v=3F5SIy9JQao
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 website)	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
		https://www.versusarthritis.org/sleep

	Sleep information (Versus Arthritis website)	
Beating the Blues (Not free)	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)	http://www.beatingtheblues.co.uk
MoodGYM (Not free)	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)	https://moodgym.com.au/
Living life to the full (Free)	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)	https://littf.com/
Moodjuice (Free)	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)	https://www.moodjuice.scot.nhs.uk/
MyCompass (Free)	A personalised self-help tool for your mental health (Black Dog Institute)	https://www.mycompass.org.au/
Beyond Blue (Free)	Provides information and support to help achieve best possible mental health (Beyond Blue)	https://www.beyondblue.org.au/
Young Minds	A guide to younger people's mental health (Young Minds)	https://youngminds.org.uk
Kooth	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)	www.kooth.com

<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>Online Mindfulness Courses (Wellmind Media)</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> <p>www.bemindfulonline.com</p>
<p>Apps</p> <p>Headspace App</p> <p>SAM App (Self-help for Anxiety)</p> <p>Calm Harm App</p>	<p>A guide to health and happiness. It's the simple way to let go of stress and get better</p> <p>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</p> <p>An app that helps to resist or manage the urge to self-harm</p>	<p>Go to the Play Store or App Store</p>