

# MSK + together

An integrated MSK service for Mid-Nottinghamshire



## Who are we?

The MSK Together service is a unique partnership of health organisations across Mansfield, Ashfield, Newark, and Sherwood.

Musculoskeletal (MSK) issues can affect your muscles, joints, bones or tendons, e.g. low back or neck pain and arthritis. We aim to improve patient access to MSK services across Mid-Nottinghamshire, including better community services.

We will co-ordinate your MSK care through the MSK Hub.

## What can we offer?

We have a range of specialist healthcare professionals including physiotherapists, orthopaedic doctors and advanced clinical practitioners who can help you manage a range of problems.

## Who will I see at my appointment?

### Physiotherapy team

Physiotherapists assess and treat MSK conditions involving joints, soft tissue, muscles, ligaments, and tendons. We can offer one to one physiotherapy sessions where we provide advice, education, and tailored exercise programmes to suit your individual needs. We can also provide group education and exercise sessions in various locations across Mid-Nottinghamshire.

### Musculoskeletal Clinical Assessment and Triage Service (MCATS) Team

This service is run by advanced clinical practitioners (ACPs), who are specialist clinicians. They can provide you with an expert assessment of your musculoskeletal condition.

If you need any diagnostic tests such as blood tests, x-rays or MRI scans, they can arrange for this to be done. They can also provide injections or refer you on to other services such as orthopaedics, rheumatology, pain, or spinal services if your condition needs further treatment.

## What will happen at my appointment?

Your first appointment will most likely involve an assessment by a physiotherapist or advanced clinical practitioner (ACP); these can last up to 40 minutes.

You can choose to either be seen in person or to have an appointment over the phone. You will be asked questions about your symptoms, activities, and work. You will also be asked to think about some goals that you would like to achieve when working together with us. We will then ask you to carry out some movements which will help us to determine the cause of your pain.

Together we will discuss a treatment plan to help you manage your condition and achieve your goals. Your treatment plan may include advice and specific exercises to help you self-manage your condition. As physiotherapists, we work closely alongside the Musculoskeletal Clinical Assessment and Treatment Service (MCATS) team and if we feel further investigation, treatment or onward referral should be discussed, we can arrange for you to be seen by the team.

## Orthopaedic consultants

If it is necessary for you to see a consultant, you will be referred via the MSK Hub. Orthopaedic consultants will assess your condition and together you can discuss treatment options, which may include surgery. Benefits and risks of different treatments will always be discussed with you.

### What to wear

During your assessment you may be required to carry out various movements to determine the cause of your problem. We recommend you wear suitable loose-fitting clothing, such as a vest or t-shirt, and shorts or jogging bottoms, which will enable the clinician to observe and assess the affected part of your body.

## How can I access the service?

### You do not need to see a GP to access the MSK Together service.

MSK First Contact Practitioners (FCP) work in your GP surgery. You do not need to see your GP first. FCPs are specialist MSK physiotherapists who can diagnose your MSK problem and support you to improve your MSK health. They can provide you with self-care management advice and exercises for most MSK conditions, and can also request blood tests, imaging, and refer you on to any of our services. They can be accessed by booking directly via the reception team at your GP surgery.

You can self-refer to physiotherapy by completing an online self-referral form here: **Physiotherapy and self-referral | Sherwood Forest Hospitals**. If you need help to complete this form, please call 01623 484820.

### GP referral

Your GP can refer you to the MSK Hub to access any of our services including physiotherapy, the MCATS team or referral to other services to treat your MSK conditions if needed.

### Where will I be seen?

You can be seen at any of the following clinics:

- Ashfield Health and Wellbeing Centre, Kirkby in Ashfield
- Mansfield Community Hospital
- King's Mill Hospital
- Newark Hospital.

## How to contact us

Our support team is here to help you, if you have any queries or questions regarding your care, please get in touch.

- By phone: 01623 484820
- By email: [mskreferralhub-admin@nottshc.nhs.uk](mailto:mskreferralhub-admin@nottshc.nhs.uk)
- PALS Tel: 0115 993 4542  
Email: [PALSandComplaints@nottshc.nhs.uk](mailto:PALSandComplaints@nottshc.nhs.uk)

If you need to change or cancel your appointment, please call the service at least 48 hours prior to your appointment, so it can be offered to someone else.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases.

Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [patientinformation@nhs.net](mailto:patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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