

## Conditions Musculoskeletal Physiotherapy will see

### Conditions Likely to Benefit

#### General

- Acute soft tissue/trauma injury rehabilitation
- Postural conditions
- Post orthopaedic elective/trauma surgery
- Post satisfactory united fractures

#### Spinal

- Non-specific mechanical spinal pain

#### Peripheral

- Patellofemoral Pain
- Shoulder rotator cuff (impingement) duration less than a year
- 'Acute' tendinopathy (less than approximately 6 months)
- Degenerative joint problems
- Musculoskeletal conditions are variable in 'recovery'. Many 'acute/mild' sprains, strains and spinal conditions will improve naturally over a 4 to 6 week period with reassurance, pain control advice and simple guidance on a graduated return to normal activities

### May Benefit

#### General

- Benign Joint Hypermobility (if **specific MSK joint problem**)

#### Spinal

- Spinal nerve root compromise
- Whiplash Associated Disorder
- Spinal stenosis

#### Peripheral

- Peripheral nerve injuries (Including carpal tunnel)
- Chronic tendinopathy (duration greater than 6 months)
- Adhesive capsulitis (depends on stage)
- Brachial plexus injuries
- Complex Regional Pain Syndrome- early management and advice
- Heel Pain Syndrome (Podiatry will also see this condition)
- Cervicogenic headaches
- Temporomandibular Joint problems
- Tenosynovitis (rest, splinting, injection may be appropriate)

# Conditions Musculoskeletal Physiotherapy Service Does Not See as a Primary Referral

## General

- Widespread chronic pain with previous failed physiotherapy (Consider referral to pain services if appropriate or Pain Concern classes)
- Physiotherapy re-referral for same condition in past 12 months
- Previous attendance at pain management services for same condition (Consider re referral to pain management only if change in condition)
- Patients with suspected undiagnosed sinister or serious pathology (Consider investigation/onward referral to appropriate service)
- Domiciliary – housebound visits (refer to local rehab team)
- Fibromyalgia (Consider referral to local services e.g. third sector if available or to Centre for Integrated Care)
- Referrals for wheelchair (Refer to Westmarc)
- Recurrent shoulder dislocation more than 1 episode, especially in patients aged 20 years or less or involved in sports (Refer to orthopaedics)
- Systemic neurological disorders (refer to appropriate neuro service e.g. Neurology; stroke team; local rehab services etc)
- Patients currently under the care of Rheumatology, with a follow up appointment (patients should have a contact telephone number).
- Post surgical complications (Consider referral to surgical service if appropriate)
- Diagnosed Complex Regional Pain Syndrome - Severe, not responding to first line management (Consider referral to Pain Services if appropriate)
- Facial Palsy (Consider provision of appropriate self management advice/steroids for recent onset/ Maxillofacial for chronic if appropriate)
- Referrals for GP specified interventions only (e.g. acupuncture, injection, braces; splints. **Only** Refer for MSK Physiotherapy Assessment)

## Spinal

- Cauda Equina (for suspected CES refer to A&E via local pathway).
- Metastatic Spinal Cord Compression (refer to MSCC Pathway)
- Pain with neuropathic referred leg or arm pain, duration longer than 2 years (consider referral to pain services if appropriate)
- Back pain BMI>40 Kg/m<sup>2</sup> (Consider referral to weight management if appropriate or to Live Active)
- Cervical myelopathy (Refer urgently to Neurosurgery)

## Other Specialist Rehab Services (refer instead to each Specialist Service)

- **Rheumatological** disorders – e.g. peripheral inflammatory Arthritis, spondyloarthritis, crystal arthritis, connective tissue disease, Ankylosing spondylitis, PMR (Polymyalgia Rheumatica)
- **Pelvic Floor Dysfunction** (refer to Continence Service)
- **Pregnant patients or patients less than 6 weeks post partum** for pregnancy related problems e.g. lumbar/pelvic pain (refer to Maternity Services)
- **Respiratory** conditions
- **Vestibular** Problems, Undiagnosed dizziness, vertigo - specialist service
- **Falls** (unless under 65 and directly related to an MSK problem) e.g. rehabilitation and prevention, mobility (consider referral to Falls team or day hospital as appropriate)
- **Cardiac** conditions, systemic cardiovascular problems