

Musculoskeletal (MSK) Therapy Services

Musculoskeletal (MSK) Therapy Services are a group of departments that work together to support patients with musculoskeletal conditions, which are diseases and injuries relating to muscles, bones and joints.

Upon receipt of your referral our senior clinicians will review your referral form alongside any information from your GP and will decide whether to refer on to:

- Advanced Practitioners
- Pelvic Health Physiotherapy
- Physiotherapy
- Orthotics
- Podiatry
- Rheumatology
- Trauma and Orthopaedics

Note that within this document we have included information on all of our services so please ensure that you read all the information pack fully to pick out the information relevant to your specific referral.

Further information on all our services, including patient leaflets, can also be obtained from our website, available at: www.esht.nhs.uk/service/msk-therapy-services. If you do not have internet access then please also feel free to call us on 0300 131 4770, between the hours of 08:00 and 16:00 (Mon - Fri), and we can share any document by post.

Advanced Practitioners

Advanced practitioners are physiotherapists/podiatrists whose additional post graduate training allows them to work in 'advanced' roles to carry out investigations and deliver treatments at the level of an orthopaedic registrar. They also work with orthopaedic surgeons to understand their management approaches and thresholds for surgery.

Pelvic Health Physiotherapy

The Pelvic Health Team comprises a team of physiotherapists and assistant practitioners who are specially trained within this area of physiotherapy. The team work closely with consultants, specialist nurses and midwives and we assess and treat patients in the following categories:

- Obstetrics and Ante-natal
- Uro-Gynaecology
- Colorectal
- Men's Health

Physiotherapy

Physiotherapy is a clinical specialty that can help to restore/maintain function and movement when someone is affected by illness, injury or disability. Physiotherapy takes a holistic approach and involves the patient directly in their own care by using self-management strategies and a range of evidence based interventions.

Orthotics

Orthotics is a service that provides devices called orthoses. These are usually given to help to prevent or correct deformity and/or improve function. This can be as a result of injury or due to the way our bodies alter over time.

An orthosis is an external support used to:

- Support limbs and joints that are paralysed or weak
- Prevent contractures (joint stiffness) by holding the joint in the best position
- Enhance alignment to improve posture

Podiatry

Podiatrists specialise in the assessment, diagnosis and treatment of pathologies of the foot and ankle. They specialise in areas such as diabetes; wound care; musculoskeletal (MSK) foot and ankle conditions; nail surgery and neurological, vascular and rheumatoid conditions.

Where appropriate, podiatrists will refer patients to other specialist pathways as part of treatment plans for patients.

Rheumatology

Rheumatologists specialise in the diagnosis and treatment of rheumatic diseases. They deal mainly with immune-mediated disorders of the musculoskeletal system, soft tissues, autoimmune diseases, vasculitides and inherited connective tissue disorders.

Trauma and Orthopaedics

Our Trauma and Orthopaedic units provide specialist care to patients with musculoskeletal conditions including arthritis.

We are an internationally recognised Orthopaedic centre, with highly regarded surgeons and experienced multi-disciplinary teams specifically for orthopaedic surgery. Both our Eastbourne and Conquest sites are supported by the Orthopaedic Research Unit which delivers evidence-based research and innovation to improve patient care.

Attending an Appointment?

Maps to our individual sites are available at the end of this leaflet. Where possible, please report to the receptionist.

Some sites do not have a receptionist and, in this instance, please take a seat in the waiting area. A clinician will come out to greet you at your appointment time. If you are waiting more than 10 minutes past your appointment time, please notify a member of staff in the area.

Note also that not all of our sites are available for all types of assessment.

What should I bring?

It is helpful if you bring a list of your current medications and reports of any relevant investigations or tests you may have had. This may help with planning your treatment and care.

What should I wear?

You might prefer to wear loose, comfortable clothing to your appointment, depending on your injury or condition. For example, if you are being seen for a leg condition, it may be advisable to wear a pair of shorts if you have them. You may be asked to remove items of clothing to complete our assessment. If this occurs, we can arrange for a chaperone to be present, at your request. You will always be examined in a private room, or a curtained/screened cubicle.

How long does an appointment last?

Appointment lengths may vary depending upon the nature and complexity of your condition and the service, but generally an initial appointment will last up to 30 minutes. Follow up appointments will be of approximately 20 minutes in duration.

What if I am unable to attend?

We try to agree your initial appointment date and time with you to avoid you missing or needing to cancel, however we ask you notify us at least 24 hours in advance if you are unable to attend your appointment.

If you do not attend the appointment without letting us know you may be discharged from our service.

What should I expect at my initial appointment?

Your clinician will introduce themselves and guide you to a curtained cubicle or room. Once here, they will start by checking your personal details are correct.

The clinician will then ask you a series of questions to establish your past medical history, as well as your present condition. These questions may not seem connected to your condition, but can enable the clinician to fully understand your condition and establish or formulate a treatment plan with you.

The clinician may also complete certain tests on your joints or muscles to help diagnose your condition. These tests may sometimes bring on your symptoms.

As part of your treatment and where appropriate, you will be provided with a treatment/exercise programme to continue with at home.

What should I expect at my follow up appointments?

Your clinician will review your condition and adapt your treatment plan dependant on your progress.

Due to COVID please also be aware of the following:

You must not attend the hospital if you have developed any of the symptoms below:

- High temperature
- New, continuous cough
- Loss or change to your sense of smell or taste

You will be required to wear a surgical mask face covering throughout the assessment, unless medically exempt. These are available at most department entrances but can also be provided by reception staff. We also request you sanitise your hands.

Please attend on your own unless you require a carer or guide dog.

Please respect social distancing of 2 metres and follow the instructions displayed on site. Note that your clinician and other staff within the hospital will also be wearing PPE, such as face masks, gloves, aprons and glasses/visors.

Patient Forum

Can you help us to develop and improve our service by joining a patient forum or by sharing your patient story?

To find out more please email esht.supervisormsktriage@nhs.net or alternatively, call 0300 131 5225 to register your interest.

Consent

Although you consent for treatment, you are able, at any time, to withdraw your consent. Please discuss this with your clinician. If you wish to have a chaperone present, this can also be provided upon request.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Kate Weatherly (Advanced Practitioner)
Deborah Russell (MSK Physiotherapy Team Lead)

Next review date: February 2025

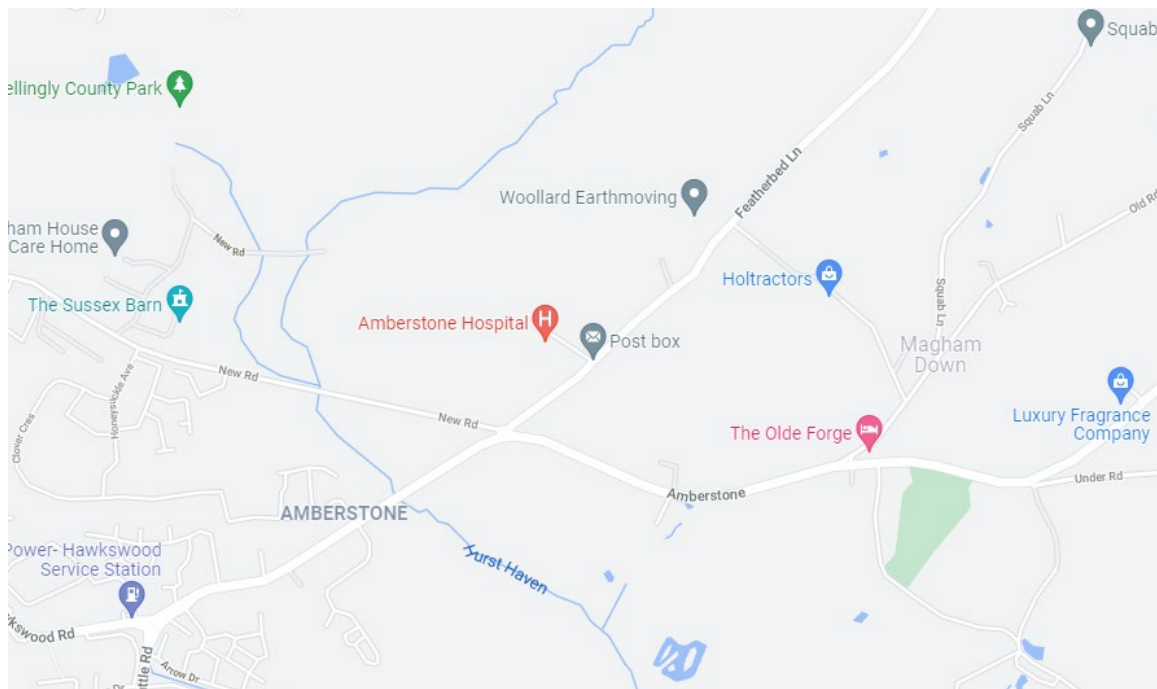
Responsible Author: Tony Coates (Clinical Administration Services - Team Lead)

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Amberstone Hospital

Amberstone Hospital is a Hospital facility based in East Sussex. As you turn into Amberstone Hospital please enter via the side entrance (not the main entrance opposite the car park) - through the electronic doors. Walk straight through and you will come to reception.

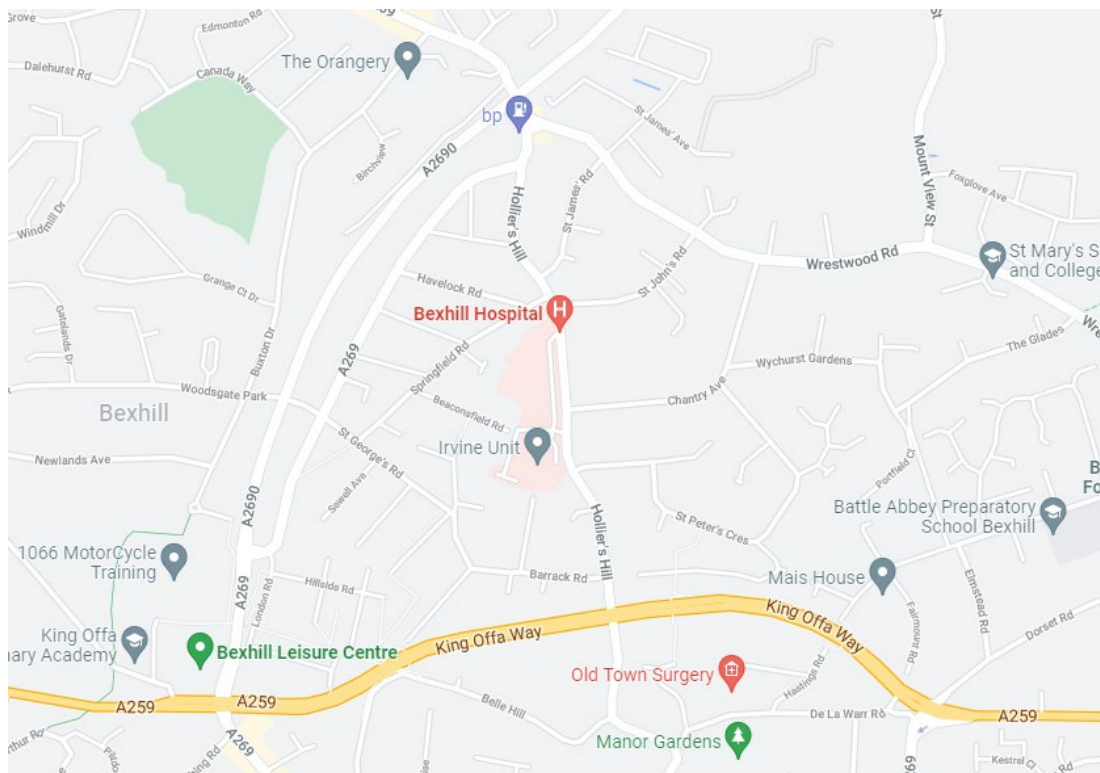
Amberstone Hospital
Carters Corner
Featherbed Lane
Hailsham
East Sussex
BN27 4HU
Tel: 0300 131 4770



Bexhill Hospital

Bexhill Hospital is a Hospital facility based in East Sussex. Please go to the main reception for direction to the relevant department.

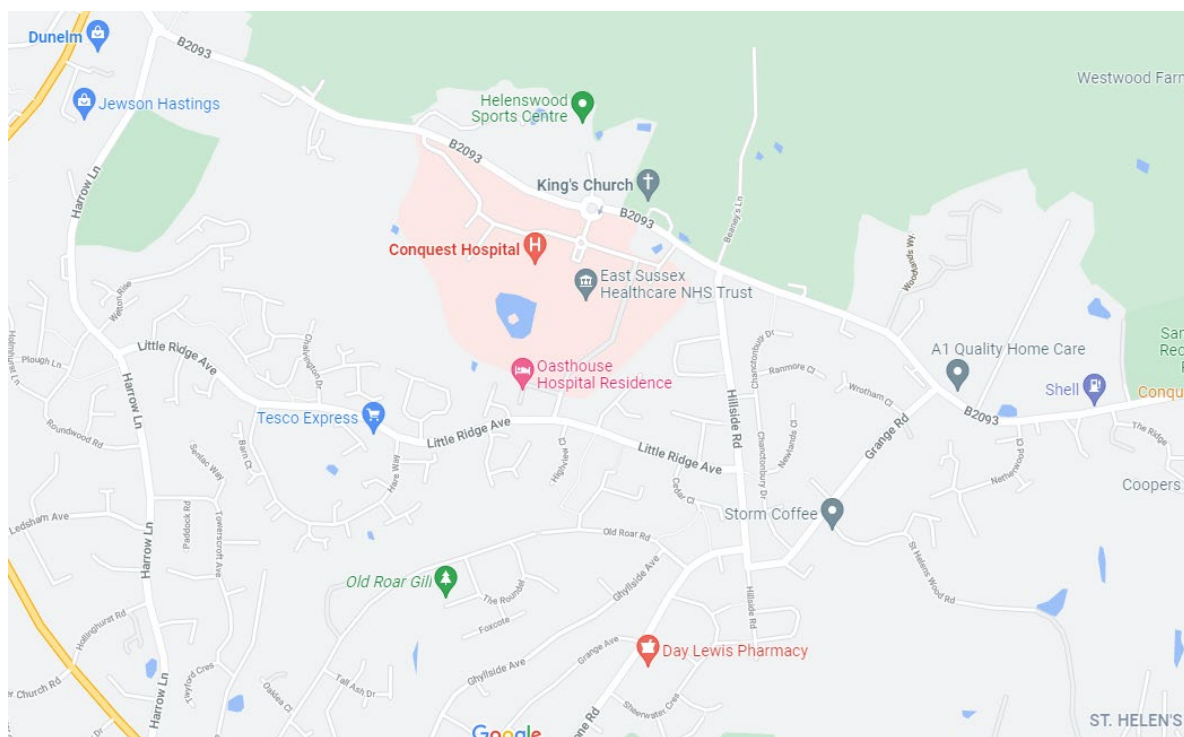
Bexhill Hospital
Holliers Hill
Bexhill-on-Sea
East Sussex
TN40 2DZ
Tel: 0300 131 4770



Conquest Hospital

Conquest Hospital is a Hospital facility based in East Sussex. Please go to the main reception, via the Level 3 main entrance, for direction to the relevant department.

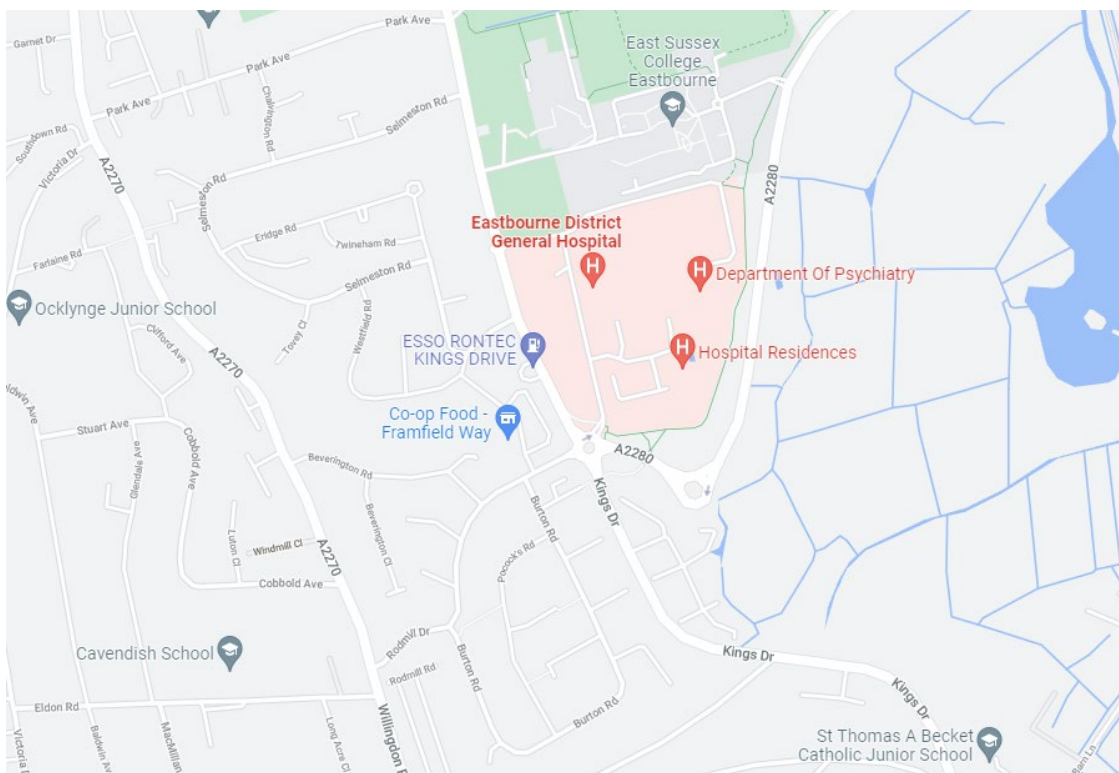
Conquest Hospital
The Ridge
St-Leonards-on-Sea
East Sussex
TN37 7RD
Tel: 0300 131 4770



Eastbourne District General Hospital

Eastbourne District General Hospital is a Hospital facility based in East Sussex. Services are located in Area D of Outpatient Physiotherapy which can be accessed via Entrance F.

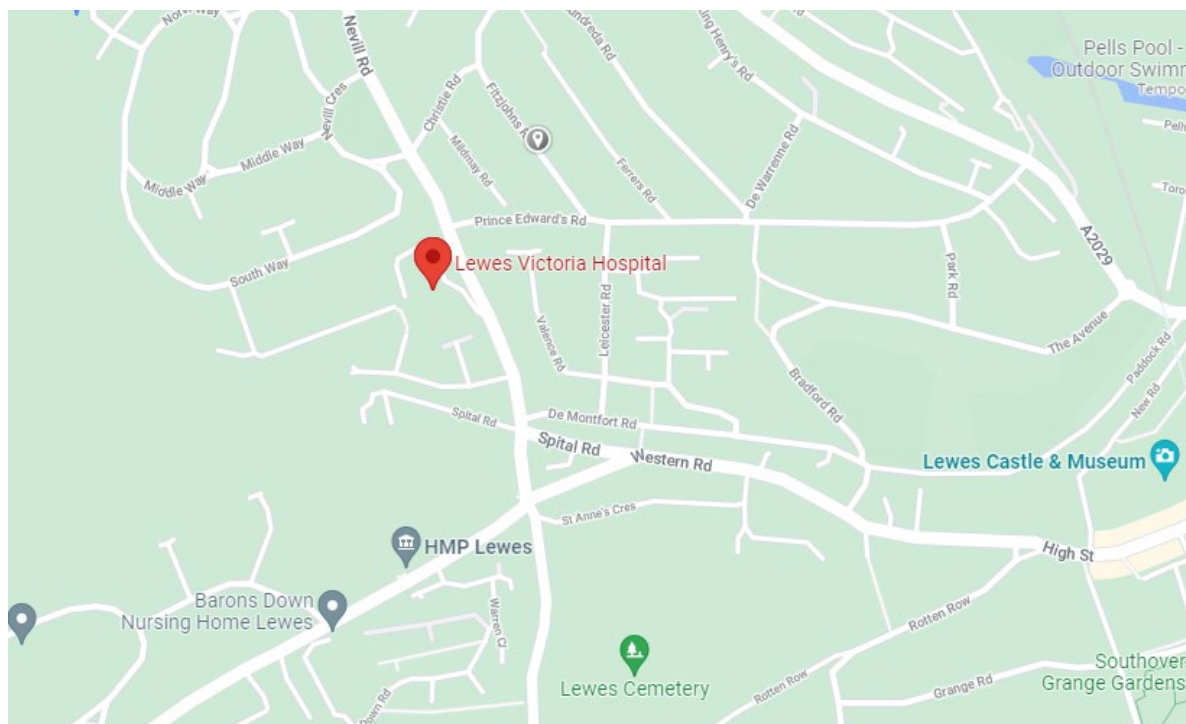
Eastbourne District General Hospital
Kings Drive
Eastbourne
East Sussex
BN21 2UD
Tel: 0300 131 4770



Lewes Victoria Hospital

Lewes Victoria Hospital is a Hospital facility based in East Sussex. Please go to the Michael Hillman Centre to the left of the main hospital building and report to reception.

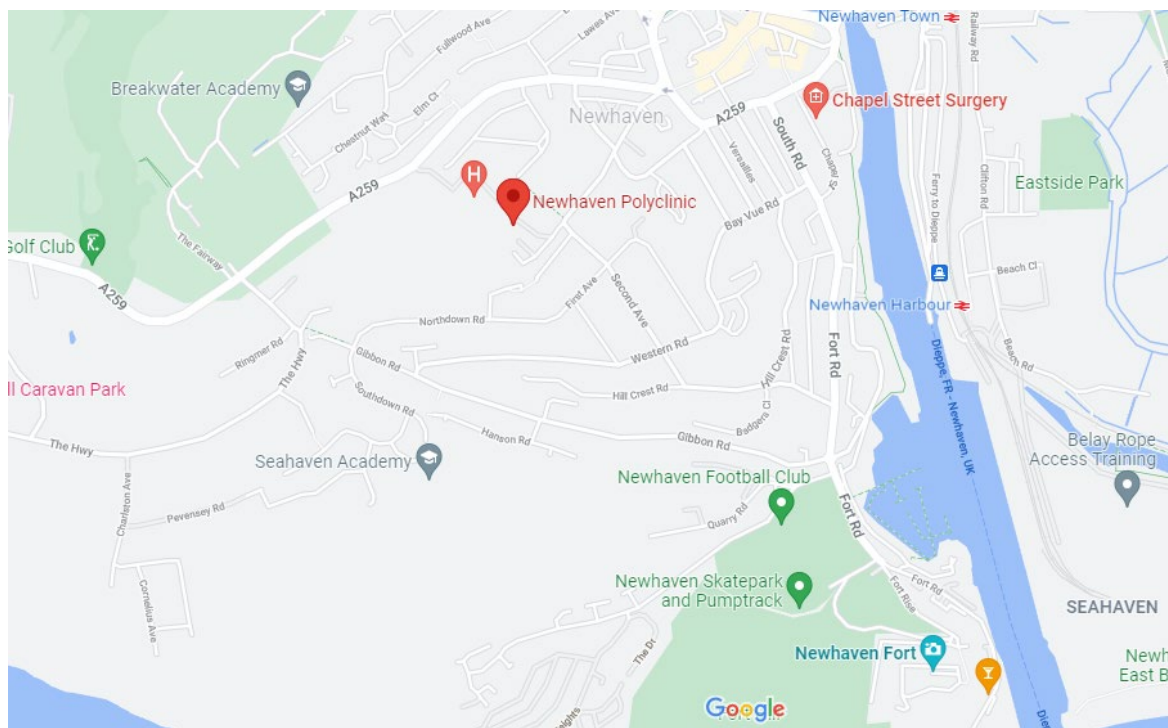
Lewes Victoria Hospital
Nevill Road
Lewes
East Sussex
BN7 1PE
Tel: 0300 131 4770



Newhaven Polyclinic

Newhaven Polyclinic is a Hospital facility based in East Sussex. If arriving via Church Hill please enter the 1st building (opposite the car park) and report to reception.

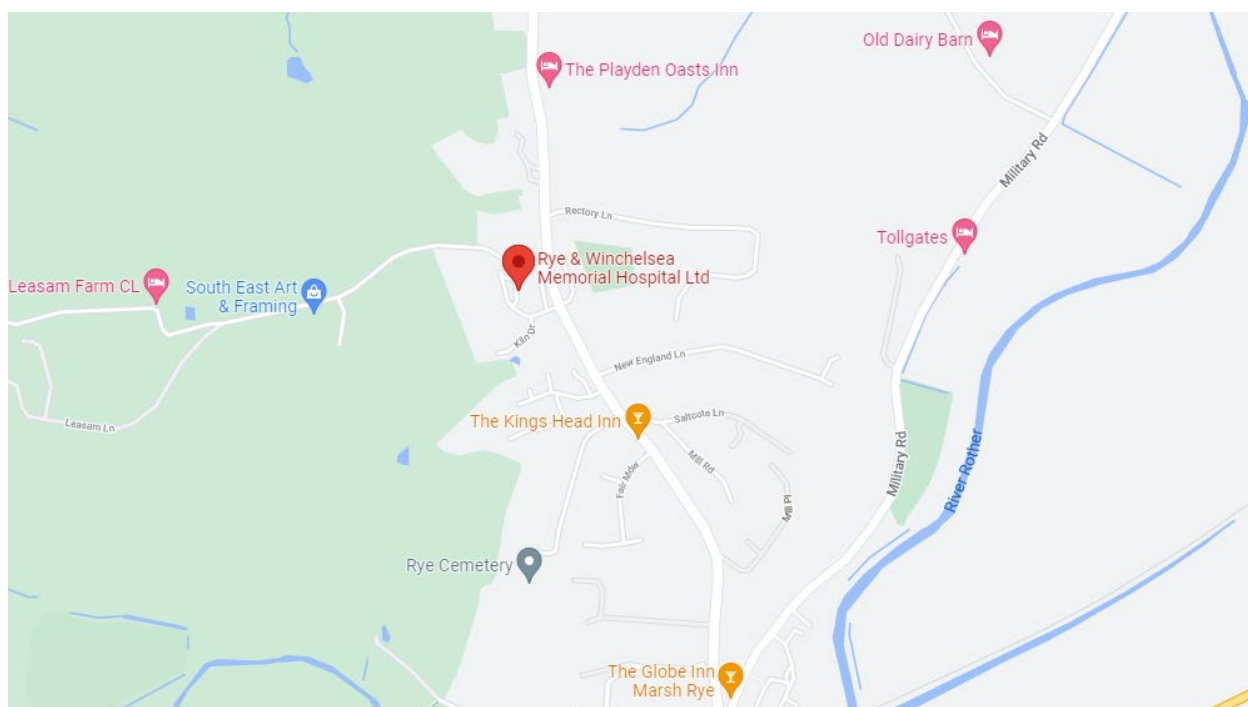
Newhaven Poly Clinic
Church Hill
Newhaven
East Sussex
BN9 9HH
Tel: 0300 131 4770



Rye Winchester & District Memorial Hospital

Rye Winchester & District Memorial Hospital is a Hospital facility based in East Sussex. Please go to the main reception for direction to the relevant department.

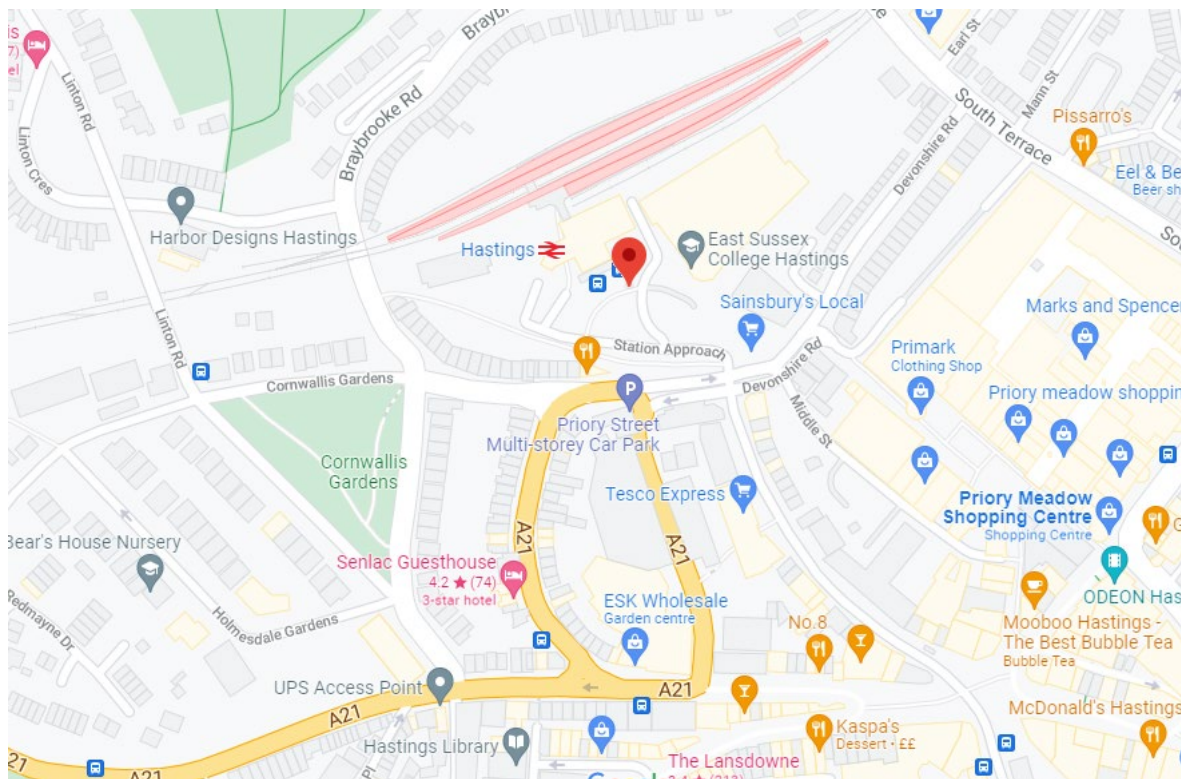
Rye Winchester & District Memorial Hospital
Peasmarsh Road
Rye
East Sussex
TN31 7UD
Tel: 0300 131 4770



Station Plaza Health Centre

Station Plaza Health Centre is a facility based in East Sussex. The department is located on Level 1 however please report to the main reception desk, upon entry, for directions.

Station Plaza Health Centre
Station Approach
Hastings
East Sussex
TN34 1BA
Tel: 0300 131 4770



Uckfield Community Hospital

Uckfield Community Hospital is a hospital facility based in East Sussex. Please go to the main reception for direction to the relevant department.

Uckfield Community Hospital
Framfield Road
Uckfield
East Sussex
TN22 5AW
Tel: 0300 131 4770

