

## MSK RESOURCES WEBLINK

### CSP LINK for wide variety of conditions and further links

<a href="https://www.csp.org.uk/conditions/managing-pain-home">https://www.csp.org.uk/conditions/managing-pain-home</a>	
<a href="https://www.csp.org.uk/publications/get-go-guide-staying-steady-english-version">https://www.csp.org.uk/publications/get-go-guide-staying-steady-english-version</a>	
<a href="https://www.csp.org.uk/conditions/managing-pain-home/preventing-bone-joint-muscle-pain">https://www.csp.org.uk/conditions/managing-pain-home/preventing-bone-joint-muscle-pain</a>	

### GRAMPIAN MSK WEBSITE

<a href="https://www.mskphysiogramplan.scot.nhs.uk/self-help">https://www.mskphysiogramplan.scot.nhs.uk/self-help</a>	
<a href="#">Grampian Guidance Home Page - Home (scot.nhs.uk)</a>	

Want to get more active? Try some of the ideas outlined here:

<a href="https://www.nhs.uk/conditions/nhs-fitness-studio/">https://www.nhs.uk/conditions/nhs-fitness-studio/</a>	
<a href="https://www.csp.org.uk/stronger-my-way">Stronger my way   The Chartered Society of Physiotherapy (csp.org.uk)</a>	

### **Sleep**

Sleep hygiene NHSG PIL

<https://www.gpm.scot.nhs.uk/wp-content/uploads/2020/06/Sleep-Hygiene-PIL.pdf>

### **Dizziness/ Headaches:**

**Brain and Spine Foundation – face pain, dizziness, headache**

<https://www.brainandspine.org.uk/>

#### **Dizziness**

<https://www.brainandspine.org.uk/our-publications/booklets/dizziness-and-balance-problems/>

#### **Headache**

<https://www.brainandspine.org.uk/our-publications/booklets/headache/>

#### **TMJ**

<https://patient.info/bones-joints-muscles/temporomandibular-joint-disorders#>

## OA/ RA/ AS/ OP and fibromyalgia

### **General arthritis**

<https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis/>



### **Fibromyalgia Information**

<https://www.versusarthritis.org/about-arthritis/conditions/fibromyalgia/>



[Fibromyalgia - Overview \(healthtalk.org\)](https://www.healthtalk.org/healthtalk/fibromyalgia-overview)



### **National Rheumatoid Arthritis Society**

<https://www.nras.org.uk/>



### **National Ankylosing Spondylitis Society**

<https://nass.co.uk/>



**Royal Osteoporosis Society**

<https://theros.org.uk/information-and-support/osteoporosis/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis/caring-for-your-back/>

<https://theros.org.uk/>



before-and-after-exercise-fact-sheet-fet

**Tools and measures:**

<a href="#">SPADE Tool</a>	
<a href="#">STarTBack Online - STarT Back - (keele.ac.uk)</a>	
<a href="#">Oxford Hip Score - Orthopaedic Scores</a>	
<a href="#">Wells' Criteria for DVT - MDCalc</a>	