

Integrated Musculoskeletal Service Patient Information Leaflets / Self Help Guides

How to find our website

East Lancashire Hospitals Trust (ELHT) website www.elht.nhs.uk

- Select services - Search under 'M' for **Musculoskeletal** or 'I' for **Integrated**
- Click on **Integrated MSK, Pain & Rheumatology Service**
- Or type 'ELHT MSK' into Google or another search engine and our link is top of the page
- Scroll down the page to the Leaflet / Self Help Guides section – select the leaflet you wish to view.

Self Help Guides / Patient Information Leaflets

(tick which leaflets apply)

Name: _____ Date: _____

Spinal Leaflets (Back & Neck)

1. Back Pain – Recent
2. Back Pain – Persistent
3. Neck Pain

Upper Limb Leaflets

4. Contracted (frozen) Shoulder
5. Osteoarthritis (inflammation) of the Shoulder
6. Shoulder Impingement (pinching) Syndrome
7. Traumatic Shoulder Injury

Lower Limb Leaflets

8. Achilles Tendon Pain
9. Sprained Ankle Pain
10. Plantar Fasciitis (sole of foot heel pain)
11. Knee Pain (not caused by accident or injury)
12. Traumatic Knee Injury
13. Lateral Hip Pain (outer side)
14. Groin Pain
15. Osteoarthritis of the Hip

Any questions or queries regarding the content of the self-help guides please contact your clinician or physiotherapy department – details on the website