

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)