

Gloucestershire **MSK platform**



Working with NHS and Cotswold Medical Practice to provide more self-management options



Introducing our NEW PATHWAYS: **elbow, upper limb and lower limb tendinopathy**

includes **support for:**

- **Achilles** tendinopathy
- **Patella** tendinopathy
- **Gluteal** tendinopathy
- **Plantar fasciitis**
- **Tennis elbow**
- **Golfers elbow**



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Providing greater self-management options through our partnership

Who is it for?

It is suitable for **anyone suffering with a tendinopathy**, at any stage. It will guide them through the **reactive**, **subacute** and **chronic** phases of tendinopathy.

What conditions does it support?

Achilles Tendinopathy, **Patella** Tendinopathy, **Gluteal** Tendinopathy, **Plantar Fasciitis**, **Tennis Elbow** and **Golfers Elbow**

What's included?

The content follows current evidence, alongside clinical experience to provide patients with **condition specific progressive exercises**, **safety netting questions**, support on **when and where to seek help**, and access to **local services & networks**

Why?

Tendinopathy affects **2-5%** of the general population. With an even higher prevalence amongst the athletic and working population. Tendon disorders account for approximately **30% of all MSK consultations** and costs the NHS **£250m a year**.

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Transforming Care, Transforming Communities

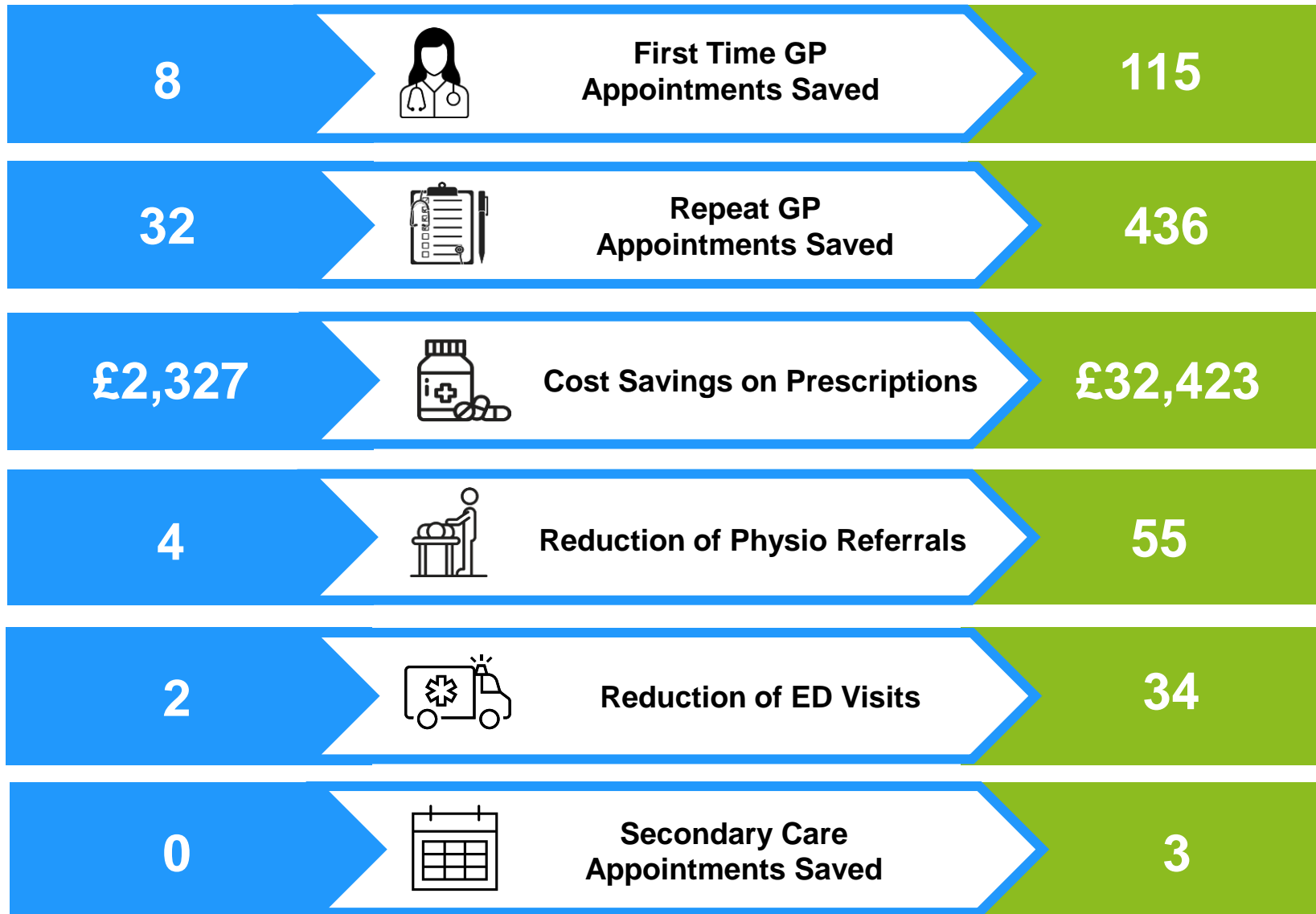
Through our partnership

We have had a significant number of **requests** to support tendinopathies from both **patients** and **clinicians** who use our MSK pathways and have added these new pathways as a result.

The work we do is **continually developing** to provide greater **access** and **opportunity** for MSK **self-management**.

The **feedback** and **requests** you continue to provide shape the progression and improvement of our service.

Cotswold Medical Practice **Benefits & Savings**



Current Usage
99 Provided
81 Registered

Optimal Usage
1379 Provided
1117 Registered