



MUSCLE OR JOINT PROBLEMS?

The Musculoskeletal (MSK) Helpline

is a phone service for people experiencing symptoms of MSK problems - such as back pain or sports injuries

Do you need help with a muscle or joint problem?

Is it interfering with your life or work?

Do you want to know how you can help yourself?

Not sure if you need to see a healthcare professional?

Are you aged 16 or over?

For advice and self care information you can:

Visit: www.nhsinform.scot/msk

Download: 'MSK Help' app free from app stores

Phone: The Musculoskeletal Advice and Triage Service on 0800 917 9390

Speak to our trained advisors who will direct you to key advice to help you. If required they can send your details to your local NHS service.

Lines are open Monday-Friday, 9am to 5pm.

NHS
SCOTLAND

NHS
24

0800 numbers are free to call from mobiles and landlines.