

# MSK self-management resources



*This list of MSK self-management resources was put together by Dr. Jonathan Hill (University of Keele) and is provided for free. To request further evidence-based online resources to be considered for the list - please email Dr Hill (j.hill@keele.ac.uk) containing a link to the resource.*

Heading	Resource Name	Link
<b>ADVICE</b>		
<b>SPINAL</b>		
<b>Neck pain</b>	Neck pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23110/neck-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23110/neck-pain-information-booklet.pdf</a>
	Neck pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/neck-pain/">https://www.versusarthritis.org/about-arthritis/conditions/neck-pain/</a>
	Neck pain webpages (CSP)	<a href="https://www.csp.org.uk/conditions/neck-pain">https://www.csp.org.uk/conditions/neck-pain</a>
	Whiplash webpages (NHS)	<a href="https://www.nhs.uk/conditions/whiplash/">https://www.nhs.uk/conditions/whiplash/</a>
	BeeFree – A support hive for mind and movement for people with pain and mental health issues (Keele University)	<a href="https://beefree.org.uk">https://beefree.org.uk</a>

	Video on managing neck pain in axial spondyloarthritis (including ankylosing spondylitis)	<a href="https://www.youtube.com/watch?v=zYxVemresnU">https://www.youtube.com/watch?v=zYxVemresnU</a>
<b>Back pain</b>	Back pain patient information (Keele University)	<a href="https://startback.hfac.keele.ac.uk/patients/">https://startback.hfac.keele.ac.uk/patients/</a>
	Back pain patient information leaflet (Keele University)	<a href="https://startback.hfac.keele.ac.uk/wp-content/uploads/2021/11/Digital-startback-leaflet-03.02.20.pdf">https://startback.hfac.keele.ac.uk/wp-content/uploads/2021/11/Digital-startback-leaflet-03.02.20.pdf</a>
	Back pain animations – patient experiences (Keele University)	<a href="https://youtu.be/drfUUPVAqfY">https://youtu.be/drfUUPVAqfY</a> <a href="https://youtu.be/IRLrT_bgJUk">https://youtu.be/IRLrT_bgJUk</a> <a href="https://youtu.be/duL23iXDIYo">https://youtu.be/duL23iXDIYo</a> <a href="https://youtu.be/ZaQMZORujwY">https://youtu.be/ZaQMZORujwY</a>
	STarT Back video (Keele University)	<a href="https://youtu.be/tSnXepyPf-c">https://youtu.be/tSnXepyPf-c</a>
	STarT Back consultation (Keele University)	<a href="https://youtu.be/dd8dzZMs1JE">https://youtu.be/dd8dzZMs1JE</a>
	STarT Back testimonial (Keele University)	<a href="https://youtu.be/og5QLgfkLdk">https://youtu.be/og5QLgfkLdk</a>
	Back pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23104/back-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23104/back-pain-information-booklet.pdf</a>
	Back pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/back-pain/">https://www.versusarthritis.org/about-arthritis/conditions/back-pain/</a>
	Osteoarthritis of the spine webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-spine/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-spine/</a>

	Back pain webpages (CSP)	<a href="https://www.csp.org.uk/conditions/back-pain">https://www.csp.org.uk/conditions/back-pain</a>
	Spinal stenosis webpages (patient.info)	<a href="https://patient.info/bones-joints-muscles/back-and-spine-pain/spinal-stenosis">https://patient.info/bones-joints-muscles/back-and-spine-pain/spinal-stenosis</a>
	BeeFree – A support hive for mind and movement for people with pain and mental health issues (Keele University)	<a href="https://beefree.org.uk">https://beefree.org.uk</a>
	Information sheets (Back care)	<a href="http://backcare.org.uk/i-have-back-or-neck-pain/library/">http://backcare.org.uk/i-have-back-or-neck-pain/library/</a>
	NASS webpages on axial spondyloarthritis (including ankylosing spondylitis)	<a href="https://nass.co.uk/about-as/what-is-as/">https://nass.co.uk/about-as/what-is-as/</a>
<b>UPPER LIMB</b>		
<b>Shoulder pain</b>	Shoulder pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23100/shoulder-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23100/shoulder-pain-information-booklet.pdf</a>
	Shoulder pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/shoulder-pain/">https://www.versusarthritis.org/about-arthritis/conditions/shoulder-pain/</a>
	Osteoarthritis of the elbow and shoulder webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/</a>
	Shoulder exercise videos (Torbay and South Devon NHS)	<a href="https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/">https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/</a>
	The Derby Shoulder Rehabilitation Programme	<a href="https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgk4JzASOOnjai&amp;app=desktop">https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgk4JzASOOnjai&amp;app=desktop</a>

	Shoulder pain webpages (CSP)	<a href="https://www.csp.org.uk/conditions/shoulder-pain">https://www.csp.org.uk/conditions/shoulder-pain</a>
<b>Elbow pain</b>	Elbow pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23083/elbow-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23083/elbow-pain-information-booklet.pdf</a>
	Elbow pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/">https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/</a>
	Osteoarthritis of the elbow and shoulder webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/</a>
	Elbow pain webpages (CSP)	<a href="https://www.csp.org.uk/conditions/elbow-pain">https://www.csp.org.uk/conditions/elbow-pain</a>
	Carpel tunnel exercises (CSP)	<a href="https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome">https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome</a>
<b>Hand pain</b>	Osteoarthritis of the hand information leaflet (Keele University)	<a href="http://keele.health/wp-content/uploads/2022/12/Osteoarthritis-of-the-hand.pdf">http://keele.health/wp-content/uploads/2022/12/Osteoarthritis-of-the-hand.pdf</a>
	Osteoarthritis of the hand online learning videos (Keele University and EULAR)	<a href="https://youtube.com/playlist?list=PL8RI4AFzrkbSi4pAnT-mXRxXlXCJFFca">https://youtube.com/playlist?list=PL8RI4AFzrkbSi4pAnT-mXRxXlXCJFFca</a>
	Hand and wrist pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23087/hand-and-wrist-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23087/hand-and-wrist-pain-information-booklet.pdf</a>
	Looking after your joints (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/managing-symptoms/joint-care/">https://www.versusarthritis.org/about-arthritis/managing-symptoms/joint-care/</a>
<b>LOWER LIMB</b>		
<b>Hip</b>	Hip pain booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23088/hip-pain-information-booklet.pdf">https://www.versusarthritis.org/media/23088/hip-pain-information-booklet.pdf</a>

	Keep Moving booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf">https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf</a>
	Osteoarthritis of the hip webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-hip/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-hip/</a>
	Hip pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/hip-pain/">https://www.versusarthritis.org/about-arthritis/conditions/hip-pain/</a>
	Keele Pain Recorder App (Keele University)	<a href="https://www.keele.health/pain-resources/#pain">https://www.keele.health/pain-resources/#pain</a>
	Supported self-management for osteoarthritis (Keele University)	<a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a>
	A guide for people who have osteoarthritis (Keele University)	<a href="https://www.keele.health/osteoarthritis-resources/#osteoguide">https://www.keele.health/osteoarthritis-resources/#osteoguide</a>
	A guide for people who have osteoarthritis: short version (Keele University)	<a href="http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf">http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf</a>
<b>Knee</b>	Osteoarthritis of the knee webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-knee/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-knee/</a>
	Knee pain webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/knee-pain/">https://www.versusarthritis.org/about-arthritis/conditions/knee-pain/</a>
	Keep Moving booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf">https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf</a>
	Keele Pain Recorder App (Keele University)	<a href="https://www.keele.health/pain-resources/#pain">https://www.keele.health/pain-resources/#pain</a>

	Supported self-management for osteoarthritis (Keele University)	<a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a>
	A guide for people who have osteoarthritis (Keele University)	<a href="https://www.keele.health/osteoarthritis-resources/#osteoguide">https://www.keele.health/osteoarthritis-resources/#osteoguide</a>
	A guide for people who have osteoarthritis: short version (Keele University)	<a href="http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf">http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf</a>
	Video exercises for knee pain (CSP)	<a href="https://www.csp.org.uk/conditions/knee-pain/video-exercises-knee-pain">https://www.csp.org.uk/conditions/knee-pain/video-exercises-knee-pain</a>
<b>Ankle and foot</b>	Keep Moving booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf">https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf</a>
	Ankle sprains exercise sheet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf">https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf</a>
	Plantar Fasciitis	<a href="https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf">https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf</a>
	Osteoarthritis of the foot and ankle webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-foot-and-ankle/">https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-foot-and-ankle/</a>
	Keele Pain Recorder App (Keele University)	<a href="https://www.keele.health/pain-resources/#pain">https://www.keele.health/pain-resources/#pain</a>
	Supported self-management for osteoarthritis (Keele University)	<a href="https://jigsaw-e.com/">https://jigsaw-e.com/</a>
	A guide for people who have osteoarthritis (Keele University)	<a href="https://www.keele.health/osteoarthritis-resources/#osteoguide">https://www.keele.health/osteoarthritis-resources/#osteoguide</a>
	A guide for people who have osteoarthritis: short version (Keele University)	<a href="http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf">http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf</a>

	Ankle and foot pain in axial spondyloarthritis (including ankylosing spondylitis)	<a href="https://nass.co.uk/about-as/what-is-as/your-feet/">https://nass.co.uk/about-as/what-is-as/your-feet/</a>
<b>CONDITION INFORMATION</b>		
<b>Ankylosing Spondylitis</b>	Ankylosing Spondylitis Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23105/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf">https://www.versusarthritis.org/media/23105/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf</a>
<b>Axial Spondyloarthritis</b>	Axial Spondyloarthritis Guidebook	<a href="https://nass.co.uk/resource/nass-guidebook/">https://nass.co.uk/resource/nass-guidebook/</a>
<b>Arthritis</b>	Arthritis webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/arthritis/">https://www.versusarthritis.org/about-arthritis/conditions/arthritis/</a>
<b>Carpal Tunnel Syndrome</b>	Carpal tunnel syndrome booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23081/carpal-tunnel-syndrome-information-booklet.pdf">https://www.versusarthritis.org/media/23081/carpal-tunnel-syndrome-information-booklet.pdf</a>
<b>Cauda Equina Syndrome</b>	Cauda Equina webpages (Patient.info)	<a href="https://patient.info/bones-joints-muscles/back-and-spine-pain/cauda-equina-syndrome">https://patient.info/bones-joints-muscles/back-and-spine-pain/cauda-equina-syndrome</a>
<b>Fibromyalgia</b>	Fibromyalgia information booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/24901/fibromyalgia-information-booklet-july2021.pdf">https://www.versusarthritis.org/media/24901/fibromyalgia-information-booklet-july2021.pdf</a>
<b>Giant Cell Arteritis (GCA)</b>	Giant Cell Arteritis and Temporal Arteritis webpages (Vasculitis UK)	<a href="https://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis">https://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis</a>
	Giant Cell Arteritis webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/giant-cell-arteritis-gca/">https://www.versusarthritis.org/about-arthritis/conditions/giant-cell-arteritis-gca/</a>
	Polymyalgia Rheumatica and Giant Cell Arteritis webpages (PMRGCAUK)	<a href="https://pmrgca.org.uk/">https://pmrgca.org.uk/</a>

<b>Hypermobility</b>	Hypermobility syndromes webpages (HMSA)	<a href="https://www.hypermobility.org/">https://www.hypermobility.org/</a>
<b>Osteoarthritis</b>	A guide for people who have osteoarthritis (Keele University)	<a href="https://www.keele.health/osteoarthritis-resources/#osteoguide">https://www.keele.health/osteoarthritis-resources/#osteoguide</a>
	A guide for people who have osteoarthritis: short version (Keele University)	<a href="http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf">http://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf</a>
	Osteoarthritis and You – an easy to understand explanation of osteoarthritis – animation and leaflet (Keele University)	<a href="https://www.keele.health/osteoarthritis-resources/#oste animations">https://www.keele.health/osteoarthritis-resources/#oste animations</a> <a href="http://keele.health/wp-content/uploads/2022/11/What-is-Osteoarthritis-A4-FINAL.pdf">http://keele.health/wp-content/uploads/2022/11/What-is-Osteoarthritis-A4-FINAL.pdf</a>
	An information booklet on osteoarthritis in Welsh	<a href="https://www.versusarthritis.org/media/22691/osteoarthritis-information-booklet-welsh.pdf">https://www.versusarthritis.org/media/22691/osteoarthritis-information-booklet-welsh.pdf</a>
	Keep Moving booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf">https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf</a>
	Arthritis webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/arthritis/">https://www.versusarthritis.org/about-arthritis/conditions/arthritis/</a>
<b>Osteoporosis</b>	Causes and treatment of osteoporosis and broken bones (Royal Osteoporosis Society)	<a href="https://theros.org.uk/information-and-support/osteoporosis/causes/">https://theros.org.uk/information-and-support/osteoporosis/causes/</a>
<b>Polymyalgia Rheumatica (PMR)</b>	Polymyalgia Rheumatica and Giant Cell Arteritis webpages (PMRGCAUK)	<a href="https://pmrgca.org.uk/">https://pmrgca.org.uk/</a>
	PMR webpages (Versus Arthritis)	<a href="https://www.versusarthritis.org/about-arthritis/conditions/polymyalgia-rheumatica-pmr/">https://www.versusarthritis.org/about-arthritis/conditions/polymyalgia-rheumatica-pmr/</a>



<b>Raynauds Phenomenon</b>	Raynaud's booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23098/raynauds-phenomenon-information-booklet.pdf">https://www.versusarthritis.org/media/23098/raynauds-phenomenon-information-booklet.pdf</a>
<b>Rheumatoid Arthritis</b>	Rheumatoid Arthritis Booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/24663/rheumatoid-arthritis-information-booklet-2022.pdf">https://www.versusarthritis.org/media/24663/rheumatoid-arthritis-information-booklet-2022.pdf</a> Also available in Welsh: <a href="https://www.versusarthritis.org/media/22692/rheumatoid-information-booklet-welsh.pdf">https://www.versusarthritis.org/media/22692/rheumatoid-information-booklet-welsh.pdf</a>
	Living with Rheumatoid Arthritis webpages (NRAS)	<a href="https://nras.org.uk/information-support/information/living-with-ra/">https://nras.org.uk/information-support/information/living-with-ra/</a>
<b>Spinal Stenosis</b>	Spinal stenosis webpages (patient.info)	<a href="https://patient.info/bones-joints-muscles/back-and-spine-pain/spinal-stenosis">https://patient.info/bones-joints-muscles/back-and-spine-pain/spinal-stenosis</a>
<b>Whiplash</b>	Whiplash webpages (NHS)	<a href="https://www.nhs.uk/conditions/whiplash/">https://www.nhs.uk/conditions/whiplash/</a>
<b>CHRONIC PAIN</b>		
	Understanding pain: What to do about it in less than 5 minutes (Australian animation)	<a href="https://www.youtube.com/watch?v=C_3phB93rvI">https://www.youtube.com/watch?v=C_3phB93rvI</a>
	Keele Pain Recorder App - helps patient to record how medication is helping their condition and any side effects (Keele University)	<a href="https://www.keele.health/pain-resources/#pain">https://www.keele.health/pain-resources/#pain</a>
	A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management (Retrain Pain Foundation)	<a href="https://www.retrainpain.org/">https://www.retrainpain.org/</a>

	Resources for living well despite pain (Live Well With Pain)	<a href="https://livewellwithpain.co.uk/">https://livewellwithpain.co.uk/</a>
<b>Mental health and persistent pain</b>	BeeFree – an information and support website for mind and movement (Keele University)	<a href="https://beefree.org.uk/">https://beefree.org.uk/</a>
<b>MEDICATION</b>		
<b>Medication</b>	Painkillers and NSAIDS booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/24660/painkillers-nsaids-information-booklet-2022.pdf">https://www.versusarthritis.org/media/24660/painkillers-nsaids-information-booklet-2022.pdf</a>
	Amitriptyline booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/24545/amitriptyline-information-booklet-jan2022.pdf">https://www.versusarthritis.org/media/24545/amitriptyline-information-booklet-jan2022.pdf</a>
	Keele Pain Recorder App - helps patient to record how medication is helping their condition and any side effects (Keele University)	<a href="https://www.keele.health/pain-resources/#pain">https://www.keele.health/pain-resources/#pain</a>
	Medication for axial axial spondyloarthritis (including ankylosing spondylitis)	<a href="https://nass.co.uk/managing-my-as/medication/">https://nass.co.uk/managing-my-as/medication/</a>
<b>INFORMATION ABOUT GENERAL ACTIVITY</b>		
<b>Activity</b>	Keep Moving booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf">https://www.versusarthritis.org/media/23931/keep-moving-information-booklet-with-poster.pdf</a>
	NASS stretches for your daily life videos (for axial spondyloarthritis, including ankylosing spondylitis)	<a href="https://nass.co.uk/managing-my-as/exercise/stretchers-for-your-daily-life/">https://nass.co.uk/managing-my-as/exercise/stretchers-for-your-daily-life/</a>

<b>INFORMATION ABOUT INVESTIGATIONS</b>		
<b>MRI</b>	MRI Scan (patient.info)	<a href="https://patient.info/treatment-medication/mri-scan">https://patient.info/treatment-medication/mri-scan</a>
<b>CT</b>	CT Scan (Patient.info)	<a href="https://patient.info/health/ct-scan">https://patient.info/health/ct-scan</a>
<b>X-ray</b>	X-ray test (patient.info)	<a href="https://patient.info/treatment-medication/x-ray-test">https://patient.info/treatment-medication/x-ray-test</a>
<b>Ultrasound</b>	Ultrasound scan (Patient.info)	<a href="https://patient.info/health/ultrasound-scan">https://patient.info/health/ultrasound-scan</a>
<b>DEXA</b>	Bone scan (Dexa) (Patient.info)	<a href="https://theros.org.uk/information-and-support/osteoporosis/scans-tests-and-results/bone-density-scan-dxa/">https://theros.org.uk/information-and-support/osteoporosis/scans-tests-and-results/bone-density-scan-dxa/</a>
<b>Blood test</b>	Blood tests (Patient.info)	<a href="https://patient.info/health/blood-test">https://patient.info/health/blood-test</a>
<b>INFORMATION ABOUT INJECTIONS</b>		
<b>Steroid injection</b>	What are steroid injections and how are they used? (Versus Arthritis website)	<a href="https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/">https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/</a>
<b>INFORMATION ABOUT SURGERY</b>		
<b>Surgery</b>	Information about knee, hip, foot, shoulder, elbow, wrist and hand surgery (Versus Arthritis website)	<a href="https://www.versusarthritis.org/about-arthritis/treatments/surgery/">https://www.versusarthritis.org/about-arthritis/treatments/surgery/</a>
<b>OTHER INFORMATION</b>		
<b>Diet</b>	Eatwell Guide Booklet 2016 (Public Health England)	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf</a>

<b>Falls</b>	Falls Prevention animation (CSP)	<a href="https://vimeo.com/232010084/56c5778dcd">https://vimeo.com/232010084/56c5778dcd</a>
<b>Stop smoking</b>	Quit smoking website (NHS)	<a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a>
<b>Work</b>	Work and health leaflet. How common health problems should be accommodated at work (Waddell and Burton)	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf</a>
<b>Women's health</b>	Bra sizing and breast health (CSP)	<a href="https://www.csp.org.uk/publications/breast-health-your-bra-right-you">https://www.csp.org.uk/publications/breast-health-your-bra-right-you</a>
<b>Fatigue</b>	Fatigue booklet (Versus Arthritis)	<a href="https://www.versusarthritis.org/media/23151/fatigue-and-arthritis-information-booklet.pdf">https://www.versusarthritis.org/media/23151/fatigue-and-arthritis-information-booklet.pdf</a>
<b>Supported self management</b>	Supported self-management for axial spondyloarthritis (including ankylosing spondylitis)	<a href="https://nass.co.uk/managing-my-as/my-as-my-life/">https://nass.co.uk/managing-my-as/my-as-my-life/</a>
<b>Accessing information booklets</b>	You can order information from Versus Arthritis by going to this link	<a href="https://www.versusarthritis.org/order-our-information">https://www.versusarthritis.org/order-our-information</a>
<b>EMOTIONAL WELLBEING AND SLEEP</b>		
<b>Anxiety and low mood</b>	Anxiety (patient.info)	<a href="https://patient.info/mental-health/anxiety">https://patient.info/mental-health/anxiety</a>
	Depression (patient.info)	<a href="https://patient.info/mental-health/depression-leaflet">https://patient.info/mental-health/depression-leaflet</a>
	BeeFree – A support hive for mind and movement for people with pain and mental health issues (Keele University)	<a href="https://beefree.org.uk">https://beefree.org.uk</a>
	(NOT FREE) Beating the Blues® is an effective treatment for people	<a href="https://www.beatingtheblues.co.uk/">https://www.beatingtheblues.co.uk/</a>

	<p>feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours (365 Health and Wellbeing)</p>	
	<p>(NOT FREE) Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (e-hub Health Pty Ltd)</p>	<p><a href="https://moodgym.com.au/">https://moodgym.com.au/</a></p>
	<p>Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more (Living Life to the Full)</p>	<p><a href="https://littf.com/">https://littf.com/</a></p>
	<p>A collection of resources on a wide range of mental health and lifestyle issues (Choose Life Falkirk and Adult Clinical</p>	<p><a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a></p>

	Psychology Service, NHS Forth Valley)	
	A personalised self-help tool for your mental health (Black Dog Institute)	<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>
	Provides information and support to help achieve best possible mental health (Beyond Blue)	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
	A guide to younger people's mental health (Young Minds)	<a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>
	An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use (XenZone)	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Cognitive Behavioural Therapy</b>	CBT self-help and therapy resources (Get Self Help)	<a href="http://www.getselfhelp.co.uk/">http://www.getselfhelp.co.uk/</a>
<b>Meditation</b>	Guided Meditation (Oxford Mindfulness)	<a href="https://www.youtube.com/watch?v=CVW_IE1nsKE">https://www.youtube.com/watch?v=CVW_IE1nsKE</a>
	Online Mindfulness Courses (Wellmind Media)	<a href="https://www.bemindfulonline.com/">https://www.bemindfulonline.com/</a>
<b>Sleep</b>	The good sleep guide (CSP webpages)	<a href="https://www.csp.org.uk/publications/good-sleep-guide">https://www.csp.org.uk/publications/good-sleep-guide</a>
<b>Headspace app</b>	A guide to health and happiness. It's the simple way to let go of stress and get better	Go to the Play Store or App Store

<b>SAM App (Self-help for anxiety)</b>	SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection	Go to the Play Store or App Store
<b>Calm Harm App</b>	An app that helps to resist or manage the urge to self-harm	Go to the Play Store or App Store