

Musculo-skeletal (MSK) Outpatient Physiotherapy Service

What We Do?

We provide a specialist service to deal with conditions of neuro-musculo-skeletal origin, which covers necks, backs, all joints, muscles, ligaments and the peripheral neurological supply to these structures.

The team covers musculo-skeletal injuries and works as an outpatient department. Patients are referred into the service by GP's, consultants and if patients are members of certain GP practices are able to self refer.

Assessment will take into account the individual needs and demands of the patient to customise a course of treatment that can include exercises, stretches, joint mobilisation, tissue mobilisation, manipulation, acupuncture, pacing, advice, education, joint / soft tissue injections and electrotherapy.

Access to our Gymnasiums is also provided, where a number of specific rehabilitation groups run to aid long term recovery and return to full fitness (be that work, sport or leisure). These classes deal with lower limb conditions, chronic back conditions and cardiac rehabilitation.

We also have a number of Extended Scope Practitioners (ESP's) within the service. The ESP's provide a high level of orthopaedic assessment, diagnosis and management. This can include requesting further investigations, interpreting results to formulate a management plan and listing patients for orthopaedic surgical procedures. They also carry out joint and soft tissue injections.

They are highly specialised musculoskeletal physiotherapists with extended skills to enable them to work within the orthopaedic out patient department. The ESP's run orthopaedic clinics alongside the consultants or on their behalf.

Where We Are?

We have departments in York Hospital, Selby War Memorial Hospital and St. Monicas Hospital, Easingwold.

We also have satellite clinics located at GP practices, Health Centres and Sports Clubs in the following locations around the local Community:

Acomb
Clementhorpe
Dunnington
Haxby
Sherburn in Elmet
Strensall
Tadcaster
&
Tang Hall