

## Musculoskeletal Treatment Guideline

### ORTHOPAEDIC CONDITIONS PERIPHERAL JOINTS TREATMENT GUIDELINE

Primary Care	Dorset Musculoskeletal Interface Clinic	Referral to Secondary care
<p>Patient presents with MSK disorder to GP Clinical judgement - Acute or Chronic</p> <p><b>First line management</b> ie</p> <ul style="list-style-type: none"> <li>• Analgesia / NSAID</li> <li>• Investigation</li> <li>• Physiotherapy/ use of aids</li> </ul> <p><b>Referral to Interface Service</b> For non - surgical management provided within service</p> <p><b>Referral to Orthopaedic or Rheumatology Consultant</b> ie.</p> <ul style="list-style-type: none"> <li>• If surgery is clearly indicated</li> <li>• Red flags</li> <li>• Infection/Inflammatory disorders</li> <li>• Functional disability not controlled by analgesia</li> <li>• Progressive deformity, contracture</li> <li>• Neuropathy, muscle atrophy, sensory deficit</li> <li>• Sudden inability to move limb/ instability</li> </ul>	<p>Provides treatment modalities and expert orthopaedic assessment and advice on best management and treatment options</p> <ul style="list-style-type: none"> <li>• Full range of Corticosteroid injections</li> <li>• Explanation &amp; advice on self management / lifestyle modifications and supportive leaflets</li> <li>• peripheral joint mobilisation with instruction on self mobilisation technique</li> <li>• condition specific exercises</li> <li>• proprioceptive training</li> <li>• stretching and strengthening exercises tailored to the individual patient to meet their specific needs</li> <li>• biomechanical assessment and appropriate advice</li> <li>• orthotics</li> <li>• further investigation (ie MRI, X-ray, NCS) to establish best management when dg not clear</li> </ul>	<p>As per referrals to Consultants</p> <p>Not responding to conservative treatment according to guidelines for specific conditions on Intranet</p> <p>Orthopaedic Consultant specialist opinion</p> <p><b>Investigation prior to referral</b></p> <p>See specific guidelines to conditions</p>