

MSK NEWS WINTER 2017

MSK, RHEUMATOLOGY AND PAIN
MANAGEMENT PROVISION IN HIGH
WEALD, LEWES, HAVENS AND
EASTBOURNE, HAILSHAM AND
SEAFORD



Welcome to our winter newsletter

We hope you all had a relaxing break and are ready for the year ahead.

2016 was a year of growth for the partnership. As we opened new pathways and services, the number of referrals grew from 30,122 in 2015 to 36,225 in 2016. Last year, Extended Scope Practitioners assessed some 16,065 patients in the community compared with 6,794 in 2015. Consequently, referrals directly into secondary care decreased from 10,175 in 2015 to 7,620 in 2016.

The growth of our service has been reflected in the growth of our team. On the clinical side we have engaged the services of several more Orthopaedic Consultants, Extended Scope Practitioners and Physiotherapists who are seeing patients in community clinics. The administration and patient liaison is managed by our team of Patient Care Advisors and Team Assistants, which now stands at 21.

We also opened two new clinics in Peacehaven and Hailsham, bringing the number of community locations to five.

We begin 2017 by welcoming Lorraine Reid, who has been appointed as the interim managing director for Sussex MSK Partnership East. She takes over from Geoff Bailey who stepped down at the end of last year. Lorraine brings a wealth of skills and experience to the team, ensuring we continue to develop and provide high quality care to our patients.

We are always happy to hear what you think, so please get in contact if you have a comment to share.

If you would like to get in touch with us please

Telephone: 0300 300 0003 Email: smskp.east@nhs.net

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You can find out more about us on www.sussexmskpartnershipeast.co.uk

Rider back in the saddle after months of recovery

A nasty fall left a keen rider with a fractured spine and chronic shoulder problem.



“The team at Sussex MSK Partnership East have played a vital part in my recovery. The specialist team reassured me throughout my treatment and I had full confidence in their abilities.”

Christine Patrick, 57, found herself lying on concrete after her trusted horse reared, tossing her into the air and onto her back.

In agony, she was taken to Eastbourne District General Hospital for a variety of tests, before being transferred to the Conquest Hospital in Hastings, where an MRI scan concluded she had several fractures to her spine. She had to wear a back brace to keep her spine in place until the fractures healed.

Fortunately her back healed and the brace was removed, but for months afterwards, Christine found her shoulder was terribly painful and she had restricted movement. Her GP referred her to Sussex MSK Partnership East, the local service for muscle, bone and joint conditions.

Christine said: “I had a half hour appointment with Matt Daly, Extended Scope Practitioner, who was extremely helpful. I felt reassured that I was getting the best advice and treatment for my pain. He thought the problem was tightened muscles caused by my fall and referred me to a physiotherapy colleague to work on resolving the issue.

“The physiotherapy helped without a doubt.

Thanks to the exercises I was given, my full range of movement slowly returned and the pain began to go away. I was told not to ride for at least four months and to regularly practice the recommended exercises at home.”

Christine is back in the saddle after her fall.

Unfortunately she lost her own beloved horse, Otto, who was ironically found to have a spinal problem himself as a result of his racing career. Christine believes it was the pain from his “Kissing Spine” condition which prompted him to act completely out of character on the day of the accident.

She is now riding 13-year-old ‘Mouse’, enjoying competing in Riding Club level show jumping, dressage and cross-country.

“If you ride, you’re going to fall off. I have had a few falls in my time but this one was by far the worst. I am very lucky but nothing would stop me getting back on a horse.

“The team at Sussex MSK Partnership East have played a vital part in my recovery. The specialist team reassured me throughout my treatment and I had full confidence in their abilities,” said Christine.

Running: a winter warm up guide by our physiotherapist Dave Peachey

Warming up before any exercise is important, no matter what season we are in. But with marathon season approaching and many people training for longer runs in the colder weather, warming up perhaps takes on an added significance.

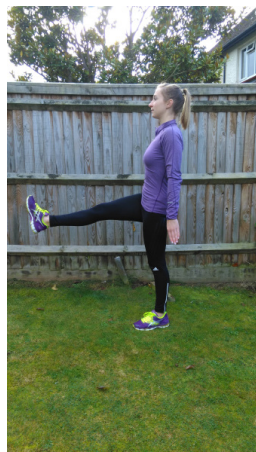
The aim of a warm-up is to help warm the muscle, increase circulation and activate muscle firing patterns. Dynamic stretching is a good way to achieve this.

My top five dynamic warm-up stretches are:

1) **Walking lunge:** Keeping your back straight and tall, slowly lunge forwards, alternating legs as you take each step for 10 steps in total.

2) **Side to side lunges:** Keeping your back straight and tall, slowly lunge to one side, leading with this leg for five steps before returning with side lunges in the opposite direction.

3) **Dynamic hamstring stretches:** Holding on for balance, swing your leg out in front of you keeping it completely straight. Swing back and forth being careful not to over-strain, feeling a stretch in the back of your leg. Repeat 10 times on each leg.



4) **Slow-motion running:** Mimic the running action at 25% speed for one minute, really exaggerating the hip/knee lifts and arm swings.

5) **Stride outs with trunk rotation:** As you take a stride with your right leg, perform a slow punching action across your body with your left hand. Allow your trunk to rotate with the movement as you punch the hand over the opposite shoulder. Walk for one minute, alternating rotations with each stride.



As a general rule of thumb, I advise my patients, who run at any level of participation, to stick to dynamic stretching for their warm-up and static stretching for their cool down.

Static stretching elongates a muscle to its maximum length. For a cool down routine this is great as running repeatedly exerts a muscle through a limited scope of its full range. If we weren't to stretch to the extremities of its length, then a shortening would develop.

Previous evidence has shown that static stretching can target relaxing the muscles we want to activate, whilst decreasing their ability to store energy – the opposite effect of what we want to achieve pre-run.

Dave Peachey is a Chartered Physiotherapist working for Sussex MSK Partnership East. He has a background in sports therapy and enjoys the small changes he can make to his patients' lives by improving their movement and reducing their symptoms, making a big difference to everyday tasks.

National Self Care Week: Sussex MSK Partnership East encourages patients to take control of their back pain

The following article was produced for National Self Care Week (14th – 20th November) by Sussex MSK Partnership East's ESP team.

Take control of your back pain

One of the biggest barriers for many people who suffer with chronic back pain is the fear that doing too much will make their problem worse.

When you have hurt your back, try to avoid bed rest beyond a day or so as inactivity can make you sore and stiff. The lower back is incredibly robust with strong bones, ligaments and muscles but these can become 'out of condition' if we don't use them.

The key to managing your back pain and looking after your spine is to realise that your back is strong, but it may be sensitive.

Movement is the key to making it feel better. You should not be afraid to do everyday tasks, including lifting, but you may need to start off gradually.



We are supporting the National Obesity Forum's JanUary campaign to encourage people to make healthy changes to their lifestyle and take control of their health.

Visit www.jan-u-ary.co.uk

The Chartered Society of Physiotherapy has put together some myths and facts which may help you become more confident about managing your back pain.

Myth number 1: Moving will make my back pain worse.

Fact: People fear twisting and bending but it's essential to keep moving. Gradually increase how much you are doing, and stay on the go.

Myth number 2: I should avoid exercise, especially weight training.

Fact: Back pain shouldn't stop you enjoying exercise or regular activities. In fact, studies found that continuing with these can help you get better sooner including using weights where appropriate.

Myth number 3: A scan will show me exactly what is wrong.

Fact: Sometimes it will, but most often it won't. Also, even people without back pain have changes in their spine so scans can cause fear that influences behaviour, making the problem worse.

Myth number 4: Pain equals damage.

Fact: This was the established view but more recent research has changed our thinking. Modern physiotherapy takes a holistic approach that helps people understand why they are in pain.

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