

Sussex MSK Partnership East: Physiotherapy Services

Sussex MSK Partnership East (SMSKPE) is the NHS referral management service for patients with musculoskeletal (MSK) conditions. Commonly, this refers to problems with bones, muscles and joints.

Once you are referred to SMSKPE, our referral management team will direct you to a local physiotherapy service, selected based on your home address and current waiting times. Your elected physiotherapy service will be in touch, in due course, to provide appointment options and any other information.

How to get the most out of your MSK appointment.

When you attend with any of our specialist clinicians, they will want to assess and explain your symptoms. They could suggest suitable treatments or other available options, such as lifestyle changes. The clinician will want to talk these through with you, so that you can decide together what is best for your care.

What is important to you?

It can be helpful to consider what you might want to achieve before your appointment. For example, a reduction in your pain or a return to something you enjoy. Do you have a specific goal in mind?

What questions should I consider asking my clinician?

Following thousands of appointments, patients have suggested the following questions to ask at your appointment or to use as a checklist to make sure that the topics are covered:

- What are my options?
- Do I really need this test, treatment or procedure?
- What are the risks or side effects?
- Are there simpler, safer options?
- What will happen if no action is taken?
- If I proceed with this test, treatment or procedure what are the potential benefits?
- How do I get support to help me make a decision that is right for me?

Making changes:

If you need to change your physiotherapy provider or make any other changes you are welcome get in touch.

Our website offers information and resources designed to help and support you. Visit **sussexmskpartnershipeast.co.uk** to find out more about your condition, for resources to help you manage whilst you wait, links to local services, waiting times and more.

You can email the team at **sussexmskeast.contact@nhs.net**, where we aim to respond to any enquiry within 72 hours. You can also call **0300 300 0003** (local call rates) 08:00 – 18:00 Monday to Thursdays and 08:00 – 17:00 Fridays. Please note, our phone lines are closed between 12:00 – 14:00 daily.