

About Bexley MSK

Bexley MSK is a multidisciplinary service providing care for a wide range of muscle, bone and joint pain problems for adults in the Bexley locality. We are a group of professionals who together make decisions about how to care for MSK conditions. Multidisciplinary teams are the 'Gold Standard' for managing MSK conditions which means you will get the best possible outcome under our care.

We can help you manage a range of common conditions, such as:

- Sports injuries
- Back pain
- Neck pain
- Tendinopathy
- Plantar fasciitis
- Osteoarthritis
- Emotional distress caused by painful conditions

When you attend our service you will be seen by a member of our team who will help develop a treatment plan to meet your needs. Common treatments include:

- Education sessions on health and wellbeing
- Advice on sports and exercises
- Rehabilitation with focused 1:1 exercise sessions
- Group exercise classes including Pilates and Hydrotherapy
- Foot orthoses, braces, splints and footwear advice
- Post-operative care following orthopaedic surgery
- Psychotherapy and psychology-led group sessions

If your condition does not get better, your clinician will be able to help you get onto the next stage of your care plan by facilitating:

- Referrals for clinical investigations such as x-rays, MRI's and blood testing
- Referrals on for consultant opinions such as orthopaedics, rheumatology and pain management teams

Adult MSK (musculoskeletal) Service - Bexley

You can now refer yourself directly to the Bexley MSK service for simple physiotherapy problems without visiting your GP first. Please provide us as much information as possible about your condition, this will help us assess your needs and the next steps to take. Once we have received your referral, one of our team members will be in touch to arrange a telephone appointment with a physiotherapist which will last approximately twenty minutes.

Please note that self-referral is most helpful if you are suffering from recent injuries such as strains, sprains, joint or muscular pain.