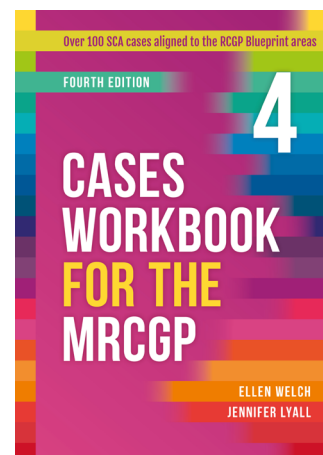


CASES WORKBOOK FOR THE MRCGP

FOURTH EDITION

WEB RESOURCES



C14 Musculoskeletal health

Applicable guidelines and useful resources

Relevant NICE guidelines and pathways: cks.nice.org.uk/specialities/musculoskeletal

RCGP Physical Activity Hub: elearning.rcgp.org.uk/course/view.php?id=536

British Institute of Musculoskeletal Medicine: www.bimm.org.uk

British Orthopaedic Association: www.boa.ac.uk

The Primary Care Rheumatology and Musculoskeletal Medicine Society: www.pcrsmm.org.uk

British Lymphology Society: www.thebls.com

Versus Arthritis: versusarthritis.org

British Association of Sport & Exercise Medicine: www.basem.co.uk

Royal Osteoporosis Society: theros.org.uk

Advanced Trauma Life Support: www.facs.org/quality-programs/trauma/education/advanced-trauma-life-support

RCGP Inflammatory Arthritis Toolkit: elearning.rcgp.org.uk/mod/book/view.php?id=13455&chapterid=777

UK Spine Societies: www.ukssb.com/improving-spinal-care-project

Material for patient

BackCare: www.backcare.org.uk

British Sjögren's Syndrome Association: www.bssa.uk.net

Children's Chronic Arthritis Association: www.ccaa.org.uk

Living Made Easy – independent living for people with disabilities: livingmadeeasy.org.uk

Lupus UK: lupusuk.org.uk

Lymphoedema Support Network: www.lymphoedema.org

Muscular Dystrophy UK: www.musculardystrophyuk.org

National Ankylosing Spondylitis Society (Act on Axial SpA): www.actonaxialspa.com

National Rheumatoid Arthritis Society: nras.org.uk

Polymyalgia Rheumatica and Giant Cell Arteritis Scotland: pmrgcascotland.com

Repetitive Strain Injury charity: www.rsiaction.org.uk

Scleroderma & Reynaud's UK: www.sruk.co.uk

Sheffield Aches & Pains: sheffieldachesandpains.com

Versus Arthritis: versusarthritis.org

Practise examining

Shoulder examination: www.youtube.com/watch?v=TDs1IOFYnMo

Hip joint examination: www.youtube.com/watch?v=KAgRJTsXHrU

Knee examination: www.youtube.com/watch?v=B76oGAFKb28

Spine examination: www.youtube.com/watch?v=CJVGpciEMol

Hand examination: www.youtube.com/watch?v=xKNBflxRICs

GALS (gait / arms / legs / spine) examination: www.youtube.com/watch?v=g8-dMuzWal4