

Trial Musculoskeletal (MSK) Service

Cramond Medical Practice | Dr Neil Vint

WHAT MSK PROBLEMS CAN WE HELP WITH?

Shoulder & Arm

- Rotator cuff pain
- Frozen shoulder
- Shoulder impingement
- Tennis / Golfer's elbow
- Wrist & hand pain

Hip & Leg

- Hip pain
- Groin strains
- Knee pain
- Shin splints
- Calf strains

Foot & Ankle

- Ankle sprains
- Achilles pain
- Plantar fasciitis

Sports Injuries

- Muscle tears
- Ligament sprains
- Tendon injuries
- Return-to-sport advice

HOW TO BOOK

Contact reception and ask for an MSK appointment. Your GP can also refer you to this service

WHAT TO EXPECT AT YOUR APPOINTMENT

- ✓ Discussion about your symptoms
- ✓ Physical examination
- ✓ Diagnosis and explanation
- ✓ Referral to secondary care if needed
- ✓ Self-management advice
- ✓ Personalised treatment plan (if appropriate)
- ✓ Referral for imaging (if appropriate)

Appointments usually last **20-30 minutes**