



MUSCLE OR JOINT PROBLEMS?

Are you aged 16 or over?
Do you have a muscle or joint problem?
Is it interfering with your life or your work?
Do you want to know how you can help yourself?
Not sure if you need to see a healthcare professional?

The non-emergency help service for
advice, information and assessment
of muscle and joint problems.

NHS
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NHS
SCOTLAND

CALL US ON **0845 604 0001**
MONDAY TO FRIDAY 9AM-6PM
visit www.nhsinform.co.uk/msk