



For advice, information and assessment
of muscle and joint problems call us on:

0845 604 0001
MONDAY TO FRIDAY 9AM-6PM
www.nhsinform.co.uk/msk

NHS
SCOTLAND

NHS
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- 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

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