Arthritis Research UK
www.arthritisresearchuk.org/arthritis_information/arthritis_types_and_symptoms.aspx

This site has information for several specific rheumatological conditions. It includes fibromyalgia, knee pain, back pain and shoulder pain.

Chartered Society of Physiotherapy
http://www.csp.org.uk/your-health/conditions

Useful advice on many conditions.

NHS Choices
www.nhs.uk/Pages/HomePage.aspx

There is information about specific conditions under the A-Z section. You can find Pain under the Living Well heading. There are lots of links to other sites. The information is all relevant to the UK health system unlike some other general sites, many of which are American.

NHS24MSK help. Advice on common musculoskeletal problems with exercises and video clips to help to get you moving safely. Reminders to do exercises and log to keep note of progress.
Physiotherapy: Internet resources for MSK patients

Sheffield Back Pain  [www.sheffieldbackpain.com](http://www.sheffieldbackpain.com)

This site has recently been updated and now has more information about chronic back pain. It has lots of straightforward information and advice. There are also new links to related sites for other musculoskeletal pains.

Shoulder Information  [www.shoulderdoc.co.uk](http://www.shoulderdoc.co.uk)

Useful website for shoulder conditions and information. Explanation of diagnosis, surgery and rehab protocols including deltoid rehab programme for cuff tear.

[Labtestsonline.org.uk](http://www.labtestsonline.org.uk) – education and information on blood and urine tests to help patients better understand their healthcare. Helps you to understand the lab tests that are used to diagnose, monitor and treat diseases.

The British Pain Society  [www.britishpainsociety.org](http://www.britishpainsociety.org)

This website has a section for patients with quite detailed information and lots of downloadable leaflets. The British Pain Society represents a large number of health professionals working in pain management.

The Pain Toolkit  [www.paintoolkit.org](http://www.paintoolkit.org)

This is a downloadable booklet with ideas for how to help yourself and get the best from your visits to health professionals. It aims to help people in pain to feel more in control of their life and to do more.

Understanding pain – chronic pain explained through brilliant you tube video from Australian pain association – Google you tube pain video.

General fitness Guides

[www.youtube.com/watch?v=lCg_gh_fppI](http://www.youtube.com/watch?v=lCg_gh_fppI)

Pilates general body workout.

[http://www.yogajournal.com](http://www.yogajournal.com) - Yoga clips

**Useful apps – all free** 7 minute work out / Breeze pedometer/ Fitocracy/Fitbit/Sleep better/Health Tips 1000/Couch to 5km.
Physiotherapy: Internet resources for MSK patients

Local courses to Swindon

**LIFT Psychology self-help courses**
All Swindon and Wiltshire patients can access free Primary Care psychology courses at various locations across Swindon and Wiltshire - you can book yourself onto any course.

http://www.seqol.org/lift-psychology (Swindon Pats)

www.lift.awp.nhs.uk (wilts pats)

These courses are on a variety of subjects including mindfulness, mood and stress management, relaxation as well as more specific things such as fibromyalgia, long term pain and chronic fatigue. Their aim is to offer people different tools and techniques of managing various kinds of emotional difficulties.

**Steps To Health (Exercise Referral)**
The Steps to Health Scheme promotes better health through physical activity. If your GP or Health Professional believes physical activity will help with any medical condition you may have, they may refer you to the Steps to Health Scheme.

Where? Held at a variety of locations across Swindon on different days of the week.
How/ For Information contact either your Health Professional or 

Nick Lowe on 01793 465407 or email NLowe@swindon.gov.uk

**Adult Weight Management – Dietbusters and Weight Watchers (Referral required)**
A 12 week weight management programme that can help people to engage in healthy eating and physical activity. Part education and part exercise, the class covers things like lifestyle changes, the importance of exercise, portion sizes as well as tackling psychological issues such as confidence and self-esteem.

Where? Held at a variety of locations across Swindon on different days of the week.
How? Debbie Mitchell can be contacted on 01793 464904 or email DMitchell2@swindon.gov.uk for bookings and more information.

**Up n Walking, Walking for Health and Walk Fit**
Organised walks that take place across different parks and open spaces. Suitable for all abilities, the walks last around 40-60 minutes and are organised by a team of trained volunteers. Leaflets containing the list of walks and locations available can be found in the physiotherapy department.
Physiotherapy: Internet resources for MSK patients

Where? Held at a variety of locations across Swindon between Monday and Friday during the week.

Contact Jenny Kovaliane-Kwan (01793) 465413 or email jkovalaine-kwan@swindon.gov.uk

Balance and Safety Programme

This is a programme aimed at improving postural stability, maintaining independence and reducing the risk of falling. In addition to a weekly exercise session, a home exercise programme is offered as well. The exercises are primarily adapted from Tai Chi and are designed to improve balance, co-ordination and relaxation.

Where? Croft leisure Centre, Swindon

When? Tuesday’s 2.00pm – 3.00pm

Phone Ros Hughes on (01793 464907) or email Rhughes@swindon.gov.uk

Alive ‘N’ Kicking

This is an educational and fitness workshop aimed at children and young people. The sessions include the whole family and introduces challenges and quizzes around healthy living that everybody can get involved in.

Where? Oasis Leisure Centre, Swindon & the Link Centre, Swindon

How? Visit the website www.ank.uk.com, phone Jon Dunn on (01793) 465412 or email JDunn@swindon.gov.uk

Useful websites for Swindon

http://ww1.swindon.gov.uk/cm/Sports%20Development%20and%20Health%20Improvement/Pages/default.aspx

http://www.ank.uk.com/ank-20

https://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks

Contact us

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