

The Size of the Prize in Musculoskeletal (MSK) Prevention

Frimley Health



Public Health
England



Thames Valley
Strategic Clinical Network

1. Estimated burden of musculoskeletal conditions		2. The opportunity: return on investment of interventions for the prevention and treatment of MSK conditions		
Population with lower back pain	489,000	STarT Back Tool <ul style="list-style-type: none"> • Simple validated screening method to allocate patients into 1 of 3 risk-defined groups • 3 treatment pathways matched to these risk groups. • Self-management, physiotherapy, psychotherapy. 	Estimated investment: Cost per patient: £0.27 Population costs: £7,411 Net saving: Up to £622,000	
Population with osteoarthritis of the hip	134,000		Integrated rehabilitation for chronic knee pain <ul style="list-style-type: none"> • Exercise-based rehabilitation integrating exercise, education and self-management. • 12 x supervised sessions twice a week for 6 weeks. 	Estimated investment: Cost per patient: £312.10 Population costs: £7.7 million Net saving: Up to £33 million
Population with osteoarthritis of the knee	220,000		Self-referral for physiotherapy	Estimated investment: Cost per patient: £0.04 Population costs: £2,000 Net saving: Up to £10 million
3. Modifiable risk factors in Frimley				
<ul style="list-style-type: none"> • In Frimley the proportion of adults who are overweight or obese is similar to the England average. • Smoking prevalence is similar to the England average. • Frimley could benefit from further improvements to risk factors despite their position relative to the England average. 				
Commissioning for the needs of the population				
<ul style="list-style-type: none"> • Osteoarthritis does not feature in any JSNAs in Frimley Health • Musculoskeletal conditions are only briefly mentioned in 2 JSNAs in Frimley Health. • Musculoskeletal conditions does not feature in any other Health and Wellbeing Strategies for Frimley Health. 				