

The Size of the Prize in Musculoskeletal (MSK) Prevention



Public Health
England



Thames Valley
Strategic Clinical Network

Buckinghamshire, Oxfordshire and Berkshire West (BOB)

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	343,000	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: £0.23 Population costs: £14,033 Net saving: Up to £1.4 million	
Population with osteoarthritis of the hip	73,000		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: £19,106, 677 Net saving: Up to £80 million
Population with osteoarthritis of the knee	122,000			Self-referral to physiotherapy <ul style="list-style-type: none"> • Patients either undertake self-referral to a physiotherapist, with or without the suggestion of their GP.
3. Modifiable risk factors in BOB				
<ul style="list-style-type: none"> • In BOB the proportion of adults who are overweight or obese is similar to the England average. • Smoking prevalence is significantly lower than the England average. • BOB 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 (OA) features in only 1/3 of JSNAs in BOB even though at least 15% of over 45s across the STP have OA. • Musculoskeletal conditions does not feature in any of the Health and Wellbeing Strategies for BOB . 				