

*Stories help describe what services do.*

*Every-day and ordinary, or life changing and extraordinary?*

### Bridget's story September 2022

**Service name: MSK**

**Main purpose of service:** The MSK (Musculoskeletal) service provides assessment and treatment of patients with complex musculoskeletal conditions - these usually affect the joints, muscles, bones and soft tissue. The team includes GP's with a specialist interest in Musculoskeletal Medicine, Advanced Clinical Practitioners in Physiotherapy, and an Advanced Clinical Podiatrist. An



Advanced Clinical Practitioner (or ACP) is a highly specialised physiotherapist who can provide a range of interventions and investigations for complex non-surgical musculoskeletal conditions which include treatment, education and advice.

**About the person:** Bridget is 87 years old and retired. She enjoys Pilates, going to the gym and spending time with her family.

**Burning:** Bridget was already attending the MSK service due to a 'Frozen Shoulder' when she started to experience a burning pain on the side of her thigh. **"My GP had to refer me for my leg, which they did, and I saw Dr Jamie Buckle at MSK at Princess Royal. He did a nerve conduction test and confirmed I had a blocked nerve. It's called Meralgia Paraesthetica. It's very painful and very specific. Jamie told me about an operation to release the nerve, but I live on my own. If I was younger, I may have had the op, but I have osteoporosis too."**

For more on Meralgia Paraesthetica [www.londonpainclinic.com/conditions/meralgia-paraesthetica/](http://www.londonpainclinic.com/conditions/meralgia-paraesthetica/)

**Injections:** Bridget explains how the MSK team support her. **"I go every 3-4 months for a steroid injection in my groin. It has to be spot on! My GP has to re refer me, as I can only have 3 injections for each referral. It's instant relief. The burning stops. Then it's better for 2-3 months. I can sleep. I can walk better. Then it starts to hurt again, the burning starts again. I know it won't ever get better."** Bridget feels that between her GP and the MSK team, her painful symptoms are managed well. **"I can get pain killers from my GP, but they can't do the injections in the groin like they can at the MSK Clinic. I can't speak more highly about the clinic. It's been wonderful. When I go there, I think 'YES!'"** Bridget has high praise for the team. **"With Jamie, I never feel like I'm wasting his time. It's wonderful when someone understands the body's systems. We have a laugh too!"** She continues, **"I've seen Carl too. He's wonderful. He really knows his business. Carl is spot on!"**

Bridget spoke with Jo Vaughan Engagement Team on 9 September 2022 and gives full consent to sharing her story.