**USEFUL LINKS AND ADVICE**

**General Advice**

These simple tips can often help you better manage your condition:

* Using a hot pack or ice pack for 10-15 minutes may help give you short-term pain relief
* Movement is beneficial for pain. Avoid sitting/lying/standing in one position for more than 20 minutes without a break: MOVE TO IMPROVE!
* Gentle stretching and exercise can help to reduce pain and stiffness, and help build muscle strength and endurance
* Pace your activities. Only do the most important jobs if you are in pain. Doing little and often will help avoid a flare up of your symptoms
* Take your pain killer as prescribed on a regular basis

You can find lots of helpful information and advice at the following websites:

**BACK PAIN INFORMATION AND ADVICE**

**The National Back Pain pathway**: <http://www.cmbackpainhelp.nhs.uk/>

A site with a range of information, advice, up to date evidence and tips to help you take care of your back and get better as quickly as possible

**The Pain Toolkit** <http://paintoolkit.org/>

A leaflet with information, tips and advice on how to develop skills to help you manage your pain

**Patient UK:** [**https://patient.info/search.asp?searchterm=back+pain&searchcoll=All**](https://patient.info/search.asp?searchterm=back+pain&searchcoll=All)

**Back exercises:** [**https://patient.info/health/back-pain-exercises**](https://patient.info/health/back-pain-exercises)

**General Back pain information:** [**https://patient.info/health/nonspecific-lower-back-pain-in-adults**](https://patient.info/health/nonspecific-lower-back-pain-in-adults)

**ADVICE AND INFORMATION FOR HEALTHY JOINTS**

**Arthritis Research UK** <http://www.arthritisresearchuk.org/arthritis-information.aspx>

The charity leading research into arthritis, with advice and exercises to help you manage your condition. Includes helpful advice for a wide range of conditions and body parts.

**National Rheumatoid Arthritis Society:** <http://www.nras.org.uk/>

Information and advice about Rheumatoid Arthritis

**National Ankylosing Spondylitis Society**: <https://nass.co.uk/>

Information and advice about Ankylosing Spondylitis

**SHOULDER CARE AND INFORMATION**

**Shoulder Doc.UK** <http://www.shoulderdoc.co.uk>

Information for patients and education materials for professionals on shoulder conditions and how to treat them.

**Frozen Shoulder:** [**https://patient.info/health/frozen-shoulder-leaflet**](https://patient.info/health/frozen-shoulder-leaflet)

**General shoulder pain information:** [**https://patient.info/health/shoulder-pain-leaflet**](https://patient.info/health/shoulder-pain-leaflet)

**FOOT AND ANKLE PROBLEMS**

**General foot pain information and advice:** [**https://patient.info/search.asp?searchterm=FOOT+PAIN&searchcoll=All**](https://patient.info/search.asp?searchterm=FOOT+PAIN&searchcoll=All)

**e-Podiatry:** [**http://www.epodiatry.com/foot\_problems.htm**](http://www.epodiatry.com/foot_problems.htm)

Information and advice for a wide range of foot and ankle related problems

**GENERAL INFORMATION**

**Shared Decision Making** <http://www.sdm.rightcare.nhs.uk/pda>

Patient decision aids to help you decide which is the right treatment for you. Includes wait-and-see, physiotherapy, or Orthopaedic surgery

**The Chartered Society of Physiotherapy** <http://www.csp.org.uk/your-health>

What physiotherapy is <http://www.csp.org.uk/your-health/what-physiotherapy>

Healthy living <http://www.csp.org.uk/your-health/healthy-living>

Health at work <http://www.csp.org.uk/your-health/keeping-healthy-at-work>

Different conditions <http://www.csp.org.uk/your-health/conditions>

Exercise advice <http://www.csp.org.uk/your-health/exercise-advice-all-ages-fitness>

Easy exercises to do at your desk <http://www.csp.org.uk/documents/do-you-sit-at-your-desk-all-day-our-easy-exercise-screen-savers-can-help>

**GET ACTIVE!**

Find a guide to help you increase your health and wellbeing through regular exercise

Get running with **Couch to 5K** [http://www.nhs.uk/Livewell/c25k/Pages/get-running-with-couch-to -5k.aspx](http://www.nhs.uk/Livewell/c25k/Pages/get-running-with-couch-to%20-5k.aspx)

**Physical activity guidelines for adults** (19-64 yrs) <http://www.nhs.uk/Livewell/fitness/Documents/adults-19-64-years.pdf>

**Physical activity for older adults** (65+) <http://www.nhs.uk/Livewell/fitness/Documents/older-adults-65-years.pdf>

**Exercises for Older People** <http://www.nhs.uk.tools/Pages/Exercises-for-older-peopel.aspx>

**Positive Steps** <http://www.positive-steps.org.uk>

**Healthy Living:**

Links to sites that can help you choose a healthy lifestyle

**Smoking advice** <http://www.nhs.uk/smokefree>

**Healthy living, diet and weight loss** <http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx>

**Health and fitness at NHS Choices** <http://www.nhs.uk/Livewell/fitness/Pages/Fitnesshome.aspx>

**Drinking and Alcohol** <http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>