

# Musculoskeletal Problems in Primary Care - Short Cases

## Introduction

Musculoskeletal problems are common in primary healthcare and clinicians need to deal with wide ranging problems affecting different age groups. Although first contact physiotherapists have joined most primary health care teams in NHS Scotland, it is unlikely that they will initially assess and manage all MSK problems, and it is good practice for clinicians to remain skilled and knowledgeable in this area. In addition, first contact physiotherapists tend to see patients who are over 16 years old in primary healthcare. This module will deal with three MSK clinical topics and offer suggestions about diagnosis, differential diagnoses and management plans for the following:

- shoulder pain
- knee pain in a young teenager, including differential diagnoses
- heel pain

As with all of our modules, the cases and content were established by an inter-professional group of clinicians who took part in a learning needs assessment meeting.

The cases below are designed to illustrate the problems described in the aims of the module. They are real cases but are **not** meant to be the focus of the group's discussion. Instead, PBSGL groups are encouraged to think of similar cases in their own place of work.

Studying all the cases is not compulsory. If the group runs short of time and completing the group feedback is still to be done, it is better to leave out a case completely. The feedback, where group members say what changes they will make in practice as a result of the meeting, is an essential part of the learning process – more important than “completing the cases”.