



# MUSCLE OR JOINT PROBLEMS?

- Do you have a muscle or joint problem?
- Is it interfering with your life or your work?
- Do you want to know how you can help yourself?
- Not sure if you need to see a healthcare professional?
- Are you aged 16 or over?

The non emergency help service for  
**advice, information** and **assessment**  
of muscle and joint problems

**NHS**  
**24**

**NHS**  
SCOTLAND

**Visit:** [www.nhsinform.co.uk/msk](http://www.nhsinform.co.uk/msk)

to find out how you can help yourself... or you can

**call us on: 0800 917 9390** Monday - Friday  
9am to 5pm and speak to one of our call handlers who will  
be able to direct you to the right care for you.

0800 calls are free of charge from landlines and mobile phones.