

**MOVE BETTER
GWENT**
Look after yourself,
feel better and move
better.

Aneurin Bevan University Health Board has developed a website to help the community of ABUHB to look after their bones, joints, and muscles.

[Move Better Gwent \(nhs.wales\)](https://www.nhs.uk/abuhb/move-better-gwent)

What is a Musculoskeletal (MSK) condition?

Problems with the moving parts of the body including bones, joints, nerves, and muscles are referred to as musculoskeletal (MSK) conditions.

They are often felt as pain, difficulty with movement and unpleasant feelings in your body. They can affect your daily activities, work and hobbies and impact on your health and wellbeing.

Examples include low back pain, sciatica, frozen shoulder, knee pain, osteoarthritis, a strain, or a sprain.

For many of these concerns, simple self-management advice helps and is all that is needed.

How can the website help?

The information on this website is designed to provide information and advice on:

how you can manage minor injuries yourself

living with a long-term problem with your bones, muscles, or joints.

understanding what might be contributing to your pain or problem and what you could do about it.

How to use the website

Team members have designed a three-step approach to help you understand your options and encourage you to think about all the things that might be affecting your problem.

If you would like further help with your muscle joint or bone (musculoskeletal) concern, you can contact the Health Board for help using the request for help form on the website. If you are unable to complete the form electronically and would like assistance, please contact **0300 3732539** (Monday to Friday) and one of the MSK team will help you.

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What are MSK problems and have you got one?

The first section will help you clarify what may be causing your bone, muscle or joint pain and which teams may be able to help you if you need assessment quickly.



What contributes to muscle, bone and joint symptoms?

Team members have designed this three-step approach to help you understand your options and encourage you to think about all of the things that might be affecting your problem. Please work through these to help you make the most appropriate choice based on what matters to you.



What can I do to help myself?

This section will provide you with information to support you to help yourself.

Get started now



You do not need to visit your GP to access services.

The 'request for help' form gives you the opportunity to tell us about how your muscle, joint or bone concern is affecting you and what you would like help with. You will also be asked for information about your general health.

This 'request for help' form asks you to think about how your bone, muscle or joint problem is affecting you. The information you provide will help us to understand what matters to you. What you tell us about yourself will help us to understand what you need from us as health or care teams as part of rehabilitation and connect you with the right health professional to support you.