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# TACKLING MSK HEALTH EQUALITIES

## RECOMMENDATIONS FOR ACTION

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The following recommendations are based on those developed at our roundtable event on musculoskeletal (MSK) Health Equalities.

- Use data to drive insight and interventions
- Understand where the incidence of MSK conditions would be expected to be greatest
- Focus on the communities those where the activity and engagement with services is lower than would be expected given the expected incidence
- Active case finding in areas with lower than expected identification of MSK conditions
- Work with communities through coproduction, community leaders and develop MSK champions
- Use a strengths-based approach
- Engage all stakeholders including local authority, parks, leisure, patient organisations, etc.
- Develop flexible services in non-traditional spaces
- Focus on self-management support, where the most benefit can be delivered for the most people
- Coproduce these services, focusing on areas of low take up
- Ensure social prescribing services are equipped to support people with MSK conditions
- Ensure a similar focus on equality in MSK services for children and young people, coproducing with young people and parents