

MSK AND MENTAL HEALTH

Prevalence of MSK Conditions:

- Over 20 million people in the UK live with MSK conditions, such as arthritis and back pain.

Impact on Mental Health:

- Individuals with MSK conditions often experience chronic pain, limited mobility, and disability, impacting their mental well-being.
- People with chronic pain conditions like MSK conditions are more likely to experience anxiety and depression.
- Recent ONS statistics indicate that around 1 in 6 adults in the UK experienced moderate to severe depressive symptoms

Physical Activity and Mental Health

- Physical activity can help manage MSK conditions and improve mental health, yet individuals with MSK conditions often face barriers to regular exercise.

Access to Support and Services

- Access to mental health support is crucial for individuals with MSK conditions, but there can be barriers such as long waiting times and limited availability of specialised services.

Integrated Care Approach

- Integrated care that addresses both physical and mental health is essential for effectively managing MSK conditions and improving overall well-being.