



# Faculty of Sport and Exercise Medicine UK

Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care

## FACULTY OF SPORT AND EXERCISE MEDICINE UK ("FSEM")

### DIPLOMA IN MSK MEDICINE – READING LIST

<https://www.nice.org.uk/guidance/ng59>- Low back pain and sciatica in over 16s: assessment and management

<https://www.nice.org.uk/guidance/ng226> - Osteoarthritis in over 16s: diagnosis and management

<https://www.nice.org.uk/guidance/cg177> - Osteoarthritis Care and Management

<https://bess.ac.uk/patient-care-pathways-and-guidelines/> - Shoulder Region Pathologies

<https://www.jospt.org/doi/epdf/10.2519/jospt.2022.10952> - Bern Consensus Statement on Shoulder injury prevention, rehabilitation and return to sport.

<https://gettingitrightfirsttime.co.uk/wp-content/uploads/2023/10/National-Suspected-Cauda-Equina-Pathway-UPDATED-V2-October-2023.pdf>- Cauda Equina Syndrome Pathway

<https://www.nogg.org.uk/full-guideline> - Osteoporosis Guidelines

<https://arma.uk.net/resources/#urgent-and-emergency-musculoskeletal-conditions-requiring-onward-referral>- Urgent MSK and Inflammatory conditions requiring Emergency Onward referral

<https://www.england.nhs.uk/personalisedcare/shared-decision-making/decision-support-tools/>- Decision support tools for: Carpal Tunnel syndrome, Hip Osteoarthritis, Knee Osteoarthritis, Dupuytren's Contracture

<https://www.rheumatology.org.uk/guidelines> - British Society for Rheumatology Guidelines and Podcasts

<https://versusarthritis.org/about-arthritis/healthcare-professionals/training-and-education-resources/musculoskeletal-clinical-assessment-in-children-and-young-people/> - MSK Clinical Assessment in Children and Young People.

<https://www.irefer.org.uk/> - Right Test, First Time. To determine the best, safest and most appropriate imaging investigations. (cost associated with registration)

<https://www.rcplondon.ac.uk/guidelines-policy/diagnosis-fibromyalgia-syndrome> - Diagnosis of Fibromyalgia

<https://www.pslhub.org/learn/patient-safety-in-health-and-care/patient-management/pain-management/arma-chronic-pain-policy-position-paper-executive-summary-november-2021-r7291/> - Chronic Pain Position Statement

<https://bjsm.bmj.com/content/bjsports/49/12/768.full.pdf> - Doha Agreement meeting on terminology and definitions in groin pain in Athletes.

<https://www.boa.ac.uk/standards-guidance/boasts.html> - British Orthopaedic Association Standards.

[https://www.rcog.org.uk/media/muab2gj2/gtg\\_41.pdf](https://www.rcog.org.uk/media/muab2gj2/gtg_41.pdf) - Royal College of Obstetricians and Gynaecologists - The initial management of Chronic Pelvic pain. - Green top guideline number 41

[Home | Doctor - PMM \(pmmonline.org\)](#) – Paediatric Musculoskeletal Matters

*All lists correct as of January 2024*

**Note for all candidates:** There is no requirement to consult all the resources listed above; these are suggested support resources that would be helpful in preparation for the examination. Candidates should base their revision on the syllabus, and there will be resources not part of this list that can be accessed to give more information on subjects in the syllabus. Please view this reading list as guidance only, not a requirement for your exam preparation, and do expand your reading based on the syllabus as you revise.