# THE VALUE OF SPORT AND EXERCISE **MEDICINE (SEM) CONSULTANTS & MSK CARE**

Musculoskeletal (MSK) pain limits mobility, reduces physical activity and contributes to the development of many other conditions: obesity, diabetes, cancer, vascular disease

People with MSK pain must receive rapid, high quality, evidence-based treatment, best provided through a multidisciplinary team (MDT) working across community and secondary care, also reducing existing health inequalities.

#### THE FACTS

View FSEM's Workforce Planning Document

MILLIONS

in

of people in the UK have an MSK condition, accounting for 30% of GP consultations in England.

# 28 MILLION

children and young people have an MSK probl

is spent on MSK each

year due to MSK conditions

vear in the NHS

## WHAT DOES AN SEM CONSULTANT DO?

in 3 of the UK population have an MSK condition

Consultants in sport and exercise medicine (SEM) are experts in the management of musculoskeletal conditions in the general population and are trained in the use of physical activity in the prevention and treatment of illness and injury.

MSK Ultrasound and

Lead Multidisciplinary

iniection skills

Teams

#### WHAT IS THEIR SKILLSET?



Experts in non-surgical management of MSK Conditions

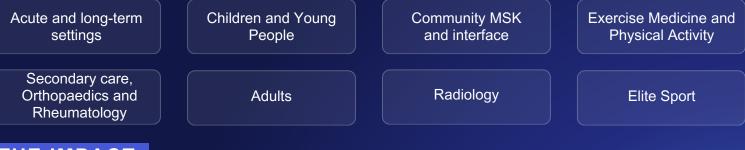


Manage medical complexity



Holistic assessment and management

### WHICH SETTINGS DO SEM CONSULTANTS WORK IN?



#### THE IMPACT

"The input of SEM consultants, who work alongside physiotherapy, rheumatology and orthopaedic colleagues, has been invaluable in ensuring that patients with chronic MSK conditions are seen and helped by appropriate clinical services in a timely manner."

Prof Karen Barker OBE, Clinical Director for Orthopaedics, Rheumatology and MSK Medicine, Oxford University Hospitals NHS Foundation Trust

"SEM Consultants are well placed to provide multi-professional cross system leadership, and essential to support the learning and development of the workforce, especially around physical activity, relative energy deficiency and complex pain management. The SEM skillset is central to support the MSK recovery plan and to build a bright future for MSK conditions."

Amanda Hensman-Crook FCSP MSc PhysDip, Chair national MSK Partnership Group, National MSK SME





£5 BILLION