

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

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



1 in 3 of the UK population have an **MSK condition**

28 MILLION working days are lost each year due to MSK conditions

1 in 8 children and young people have an **MSK problem**

£5 BILLION is spent on MSK each year in the NHS

WHAT DOES AN SEM CONSULTANT DO?

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.

WHAT IS THEIR SKILLSET?

- Experts in non-surgical management of MSK Conditions
- Manage medical complexity
- Holistic assessment and management

- MSK Ultrasound and injection skills
- Lead Multidisciplinary Teams



WHICH SETTINGS DO SEM CONSULTANTS WORK IN?

Acute and long-term settings

Children and Young People

Community MSK and interface

Exercise Medicine and Physical Activity

Secondary care, Orthopaedics and Rheumatology

Adults

Radiology

Elite Sport

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