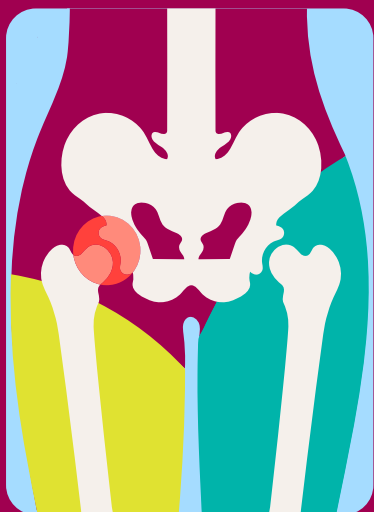
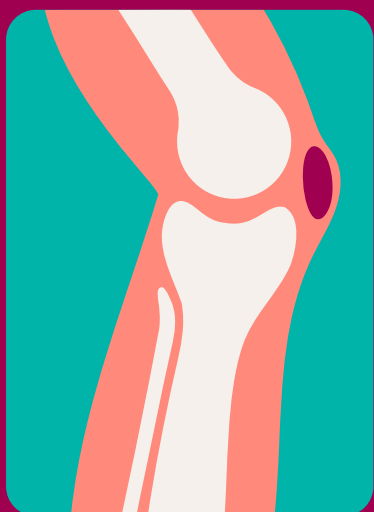
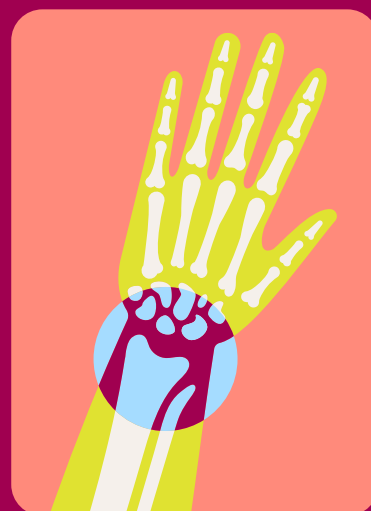




**Delivering
excellence in
musculoskeletal
care, together.**



A summary of our
services for health and
social care professionals
and organisations.

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Introduction

At Arthritis UK, our vision is a future free from arthritis and the pain, fatigue and isolation it causes.

We work alongside health and care professionals, researchers, policymakers, volunteers, families and friends, to tackle inequalities and promote best practice – building a powerful community of advocates dedicated to improving arthritis care through increased focus, better data and improved training pathways.

Our patient insight tells us how important interactions with health and care professionals are to people with arthritis. We therefore offer a range of training, resources and support services to health and care professionals, to support you and your continued professional development.

We also offer a range of resources and support for your patients. This leaflet has been written for individual health and care professionals, organisations, and other stakeholders in health and social care across the UK. It provides a summary of the wide range of services Arthritis UK offers to support adults, young people and parents/carers of children living with arthritis.

Health and social care professionals can signpost to and/or embed our services into their service delivery pathways. Arthritis UK is keen to explore opportunities to strengthen partnership working with health and care professionals and service providers across the UK to supplement and support existing services to improve quality of life, support self-management and to maximise independence of people with arthritis and musculoskeletal (MSK) conditions.



Arthritis UK strategy 2023 to 2028

Our vision

A future free from arthritis.

Our mission

We won't rest until everyone with arthritis has access to the treatments and support they need to live the life they choose, with real hope of a cure in the future.

Over 10 million adults, young people and children in the UK live with arthritis. Every day around one thousand people are diagnosed with osteoarthritis, the most common form of arthritis, and every month over 2,000 people are diagnosed with rheumatoid arthritis.

Many more people live with arthritis but remain undiagnosed, untreated and unsupported.

As we work towards our ultimate vision, our five-year strategy aims to help people with arthritis to live well now, and to offer hope through our ongoing commitment to finding better treatments and cures.

As a charity, we do this by investing in world-class research, delivering high-quality services, and campaigning on issues that matter most to people with arthritis.

But we can't do it alone, so partnership and collaboration is at our core: we aim to work side by side with our volunteers, supporters and partners, in all four nations of the UK. We also proactively seek to develop partnerships in areas where we want to do more, including with people and organisations working with under-served communities.

The support of health and care professionals, like you, is vital in helping deliver our mission. Find out more about the support we can offer you and the people you care for, as well as how to get involved, on the next page.



Scan the QR code to read our strategy in full.

10 million



Over 10 million people in the UK have arthritis.¹



Arthritis and MSK conditions are a leading cause of disability.²



£100 billion

Combined costs from worklessness and sickness absence in the UK amount to around £100 billion annually.³

Professional Engagement and Education

The Professional Engagement and Education Team at Arthritis UK can provide resources, education and support to help you better meet the needs of people with arthritis.

SKILLS Community

Join the Arthritis UK SKILLS Community to connect with a growing network of health and care professionals.

You'll receive emails on the latest clinical developments and evidence-based resources. Your membership also includes exclusive discounts on our training to grow your **Skills, Knowledge and Information**, and support your **Life-long Learning (SKILLS)**.

Training and professional development

Arthritis UK's MSK SKILLS training programme helps to build confidence in treating and supporting people with arthritis. Our programme is a mix of in-person and remote training, including topics such as osteoarthritis, fibromyalgia and inflammatory arthritis.

In addition to our paid-for training, we also offer SKILLS sessions – a fully-funded webinar series, designed to support your professional development.

Our adult and paediatric Clinical Assessment Guides provide step-by-step approaches to assessing people with MSK conditions, using the evidence-based GALS (Gait, Arms, Legs, Spine) screening examination and REMS (Regional Examination of the Musculoskeletal System). Alongside the guides, there are also supporting videos.

Patient Voice

Volunteers share their lived experience of arthritis and MSK conditions to help professionals better understand patients' needs and improve service delivery.



Scan the QR code to visit our health and care professionals web page.

97%

of participants would recommend our training.



"I already have noticed a change in my assessment and treatment of patients; being aware of use of language to promote wellbeing and advising on simple exercise techniques."

MSK SKILLS Training delegate

Decision Support Tools and MSK-HQ

Decision Support Tools

Arthritis UK has produced a range of Decision Support Tools to support your conversations with people with back, shoulder, hip and knee pain. These tools were developed by Arthritis UK with support from the Primary Care Centre Arthritis UK at Keele University and funding from NHS England.



Scan the QR code to find out more about our Decision Support Tools.

MSK-HQ

The MSK-HQ (Musculoskeletal Health Questionnaire) is a questionnaire designed for people with MSK conditions. Developed by Keele University and the University of Oxford, it allows patients to report their symptoms and quality of life in a standardised way.

The tool helps monitor progress and response to treatment over time. Its goal is to provide a holistic measure of MSK health. The MSK-HQ is available for free non-commercial use, but a copyright licence from Oxford University Innovations is required.

If you'd like to know more about obtaining a licence or have any questions on the application process, please visit process.innovation.ox.ac.uk



Scan the QR code to find out more about the purpose and background of the MSK-HQ.



16 languages

The MSK-HQ® has so far been translated into 16 different languages.

32 countries

The MSK-HQ® has been used in 32 countries across the world.

Workplace Health

People with arthritis can face considerable challenges staying in or returning to the workplace. Symptoms such as pain, stiffness, fatigue, and limited dexterity or mobility, can mean that employees face a range of barriers.

Yet, with the right information and support, many of these challenges can be overcome. Employers, as well as health and workplace professionals can be key to facilitating and supporting people with arthritis or related MSK conditions to work well.

To understand the barriers to work and gaps in training, information or support, we have worked with researchers, and carried out surveys, hearing first-hand from people with arthritis and the workplace professionals who provide occupational health support. The results have been used to inform our work.

Arthritis UK offers the following information on our website for people with arthritis:

- how to manage arthritis at work
- access to work and applying for reasonable adjustments
- workplace rights
- working safely
- sick leave

- making decisions about work
- further education, finding work or changing career.

Our work and arthritis booklet and adjustment plan is available in print and to download from our website. This practical resource aims to help people with arthritis to understand their rights in the workplace, how to better manage their condition, and make informed decisions about work.

We also provide information for employers, work and health professionals on:

- workplace rights
- adjustments
- employer duties
- support services and good practice.



Scan the QR code to download our Work Adjustment Plan.

20% less likely



People with arthritis are 20% less likely to be in work than someone without arthritis.^{4,5}



23.4 million

working days were lost in 2022 due to MSK conditions.⁶



£4 billion

Estimated cost of working days lost in the UK due to rheumatoid arthritis and osteoarthritis by 2040.⁷

Physical Activity

Research shows us that engaging in physical activity and movement reduces pain, improves quality of life and strengthens the muscles and joints. Arthritis UK's Let's Move programme shows people how to incorporate movement into their everyday lives, empowering people with arthritis and MSK conditions to move in a good way for them.

Let's Move is our digital programme tailor-made for people with arthritis to help them on their physical activity journey. We have a wealth of information about why exercise is important for people with arthritis, what types of exercises people could do and tips for getting started.

We have developed several series of videos featuring experts and people with arthritis. They include:

- Let's Move with Leon
- exercises for healthy joints
- full body stretching
- resistance band series
- strengthen and stretch for young people
- Let's Move for Surgery.

We have a Keep Moving booklet and a range of exercise sheets that can be downloaded as PDF documents or ordered from the online shop and shared with patients.

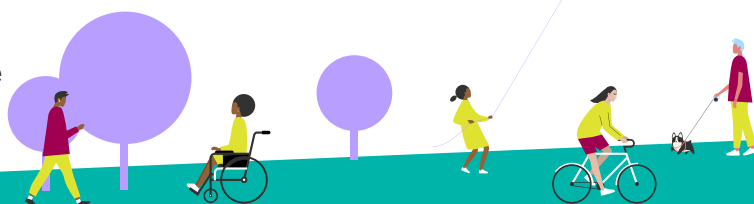


Scan the QR code to visit our 'Exercising with arthritis' page.



Scan the QR code to visit our 'Exercises for healthy joints' videos.

LET'S MOVE



Of people surveyed with MSK conditions:

6 in 10

(60%) reported using physical activity as a way to manage their symptoms.⁸

7 in 10

(70%) said they would like to be more active.⁹

36%

who were active at least once a week said they exercised because it helped them with their pain.⁹

77%

said they want practical support to help them to be more physically active.⁹

Support Services

The Arthritis UK Helpline is here to help you support your patients.

Your patients don't need to face arthritis alone. Our friendly advisors have access to a wide range of information and resources to help people affected by arthritis. They can help with topics such as understanding and managing their condition, treatment and medicine options as well as services and support available.



Our arthritis Helpline is **free** to call on **0800 520 0520** Monday to Friday, 9am to 6pm (excluding bank holidays).



Or email Helpline@arthritis-uk.org



You can also refer your patients to us directly by using our online referral form: [Refer a patient to the Arthritis UK Helpline](#)



Scan the QR code for our support and resources page.



[My Arthritis](#) is a clinically supported app co-developed with NHS specialists and people with lived experience to help users manage their condition and support clinician-led care.



[Arthritis Connect](#) is our online community, providing a place to connect, share and learn.

"I wish to thank the person who answered the phone to me several weeks ago, they had a sympathetic ear. And the result is I have a new chapter opened up in my life – from one of extreme shock to putting into practice some of the suggestions."

Helpline caller



76%

of people that come to the Helpline feel they have a better understanding of their condition.



88%

of people contacting the Helpline feel satisfied with the information they received.

Health Information

Our Health Information Team creates clear, trusted and accessible information to help people understand arthritis and other MSK conditions. We're there for people at every stage of their health journey – from awaiting diagnosis, through treatment and flare-ups, to living well with a long-term condition – so they feel informed, confident and more in control of their health.

What we offer

- We produce a wide range of high-quality, evidence-based resources covering conditions, treatments and medicines, aids and adaptations, and practical self-management.
- Our information is freely available online and in printed booklets, as well as through videos and animations.
- Health and care professionals frequently use our resources in consultations and signpost to them afterwards, supporting shared decision making and more meaningful conversations between patients and their clinical teams.

How we work

All our health information is PIF TICK accredited. We ensure our content is aligned with up-to-date clinical evidence and relevant national guidance, and is presented in clear, plain language.

People with lived experience of arthritis are involved at every stage of our work – from identifying needs and shaping topics to reviewing drafts and refining final content. We also use feedback and engagement data to continually improve what we produce, ensuring it remains relevant, inclusive, safe and useful for a diverse audience.



Scan the QR code to download our information booklets for free.



Scan the QR code to bulk order information booklets for your patients for free.



More than 1.2 million
booklets ordered.



Over 5.5 million
visits to our online health information web pages.



40-50%
of medical information is forgotten soon after an appointment.

Guided Support

Health and care professionals play a vital role in helping people with arthritis and other MSK conditions to understand and manage their health. We're here to extend that support beyond the clinical setting, helping your patients build practical skills, confidence, and connections that complement the care you provide.

Our support offer

We work in two ways: through our own guided support programmes available across the UK, and through a growing network of partners who deliver community-based support in their local areas. Together, these create a framework that sits alongside clinical care, helping people feel less isolated, more informed, and more in control of their condition.

Guided support – available across the UK

These programmes are delivered online by Arthritis UK, led by trained peer volunteers who understand from lived experience what it means to manage a long-term condition.

Self-management programmes and talks

We run both structured courses and individual information sessions, bringing small groups together to understand their condition(s) and manage common challenges such as fatigue and pain, coping with anxiety, and improving sleep.

Physical activity support

Our programmes help people understand why physical activity matters for their condition and support them to find ways to build it into their lives in a way that works for them.

Community support – delivered through our partner network

We work with a growing network of trusted local organisations and community groups to extend our reach into the community.

Our volunteer-led Community Networks bring people together locally to share experiences, information, and provide support.

Working with us

We welcome referrals from all health and social care professionals. If you have a patient who would benefit from self-management support, peer connection, or help navigating what's available to them, please get in touch or signpost them to us directly.

We're also keen to work with health and social care teams through referrals, joint working, or community support delivery. If that's of interest, we'd love to start a conversation, please email us at arthritissupport@arthritis-uk.org.



Scan the QR code to see services in your area.



Scan the QR code to view our online sessions and book.

Young People and Families Service

We believe no young person should face arthritis alone. That's why our Young People and Families Service provides practical support, trusted information and access to a caring community who truly 'get it' for children and young people under 25 living with arthritis and related conditions, and their families.

Our young people and families service offer

- 1-2-1 support for young people and families around new diagnosis, advocating for themselves, transitioning to adult services, wellbeing and planning for the future.
- Opportunities for young people and their families to get involved and be heard.
- Access to videos and other accessible resources.
- Events, residentials and self-management workshops.
- BANNAR research involvement group for young people aged 11 to 24 called Your Rheum.
- A supportive online community with an area for parents and carers.
- Support for young people and their families to advocate for themselves.

Arthritis UK is committed to addressing the specific needs of adolescents and young adults. As part of this it supports the BANNAR Network. arthritis-uk.org/bannar

“My daughter has always felt better after leaving a session or after participating in an event than she did starting the appointment/event”

Parent of young person living with JIA

Contact the Young People and Families team: YPFSUK@arthritis-uk.org

Make a referral here: arthritis-uk.org/ypfsreferral

Take a look at our school support hub - with films, podcasts, free info booklets and downloadable templates: arthritis-uk.org/school-support-hub



Scan the QR code for information on our offer for young people and families.

Young People & Families

89%

of young people who accessed our service feel more able to manage their condition.



10,000

approximately 10,000 young people under the age of 16 have been diagnosed with juvenile idiopathic arthritis (JIA).^{10,11}

5%

Around 5% of children and young people in the UK (600,000) live with an MSK condition.²

Research

At Arthritis UK, we invest in world-leading science: from discovery science to fully understand arthritis, through to clinical trials to test more targeted and personalised treatments, to their eventual implementation in health services and social care.

We are committed to helping more people live well with their condition and feel supported in their day-to-day lives. Our Living Well calls aim to support projects that improve the long-term impact of arthritis and MSK conditions across the life course, focusing on physical, psychological, and social health outcomes. Health and care professionals are uniquely positioned to understand the complexities of the health system and to identify where meaningful change can make the greatest difference for adults, young people and children living with arthritis. For this reason, we strongly encourage health professionals to apply.

We also have a commitment to support both clinical and academic researchers in their research careers. All our funding calls are open to health and care professionals, including our Career Development Fellowships (CDF).



currently invested in research across 160 projects at 43 research institutions.*

These allow health and care professionals to carry out research alongside the important work they do in clinic. Recently, we spoke with one of our Career Development Fellowship (CDF) award holders, Dr Akira Wiberg, a plastic surgeon and clinical research fellow who is working to improve treatment options for people with carpal tunnel syndrome. Akira told us more about why his CDF matters to him:

“As doctors, it is our job to try to help our patients; to be able to do this both in the operating theatre and by doing experiments in the lab makes my job incredibly stimulating and rewarding.”



Scan the QR code to read about our research.

You can also find out about:

- **our research strategy**
- **research funding opportunities**
- **how you can get involved.**

The State of Musculoskeletal Health is a collection of the most up-to-date, UK-wide statistics on arthritis and other MSK conditions.

Find out more: arthritis-uk.org/somh

Email:

ResearchLiaison@arthritis-uk.org

UK Advocacy and Influencing

The pain of arthritis and MSK conditions affects all aspects of life – from family and social life, to education, employment, independence and retirement.

We work across many areas of policy to help people of all ages living with arthritis and collate health intelligence to influence decision makers.

How we work

We work with governments and politicians to ensure arthritis stays high on the political agenda. We work across many areas of policy to help people with arthritis, including MSK health, multimorbidity, exercise and employment.

Our activities

- We campaign on the issues that matter most to people with arthritis – from tackling long waiting times to calling for increased funding for arthritis research.
- We uplift the voices of people with arthritis and mobilise our supporters to take action.
- We use robust evidence to advocate for change; this includes publishing reports,

responding to consultations, convening focus groups, taking part in working groups, and facilitating discussions across health care.

- We work with politicians and arthritis champions to reform policies in arthritis and MSK health.

Arthritis UK campaigns to make a difference for people with arthritis across the UK. We bring together volunteers, health and care professionals and other stakeholders to call for arthritis to be a national priority.



Scan the QR code to campaign with us.



Scan the QR code to learn more about our influencing and advocacy work.

1 in 6



or 10 million people in the UK live with the pain, fatigue, and restricted mobility that arthritis often causes.¹



People from the most deprived parts of society are more likely to develop multiple long-term conditions, like arthritis, and to experience them 10-15 years earlier.^{12,13}

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There are over 10 million people in the UK living with arthritis and the impact for individuals and society is profound.

The pain and disability caused by arthritis results in a substantial loss in quality of life; 22% of the total burden of ill health in the UK was accounted for by MSK conditions.¹⁴ The cost of working days lost due to osteoarthritis and rheumatoid arthritis was estimated at £3 billion in 2024 rising to £4 billion in 2040.⁷

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