

## Useful Resources and Links

There are many websites dedicated to information and advice for those with musculoskeletal pain. Here are some links to some of the best.

### Spine

Back and neck

Back pain

Neck pain

Back problems

Neck problems

Exercise advice

10 things you need know about your back

Self help guide: Lower back pain

Video: How to manage your spinal pain

Video: How to Manage Your Spinal Pain

Video: How to make small changes in your day to help your back pain

Video: Why your doctor might not have requested an MRI scan

### Shoulder

Comprehensive guide to shoulder pain

Shoulder pain

Exercise advice for shoulder pain

Videos: Exercise advice for shoulder pain

### Elbow

Tennis elbow

Golfers elbow

Elbow problems

Exercises for Tennis Elbow

Exercise advice for Tennis Elbow

### Hands

British Society for Surgery of the Hand

Hand and elbow

Carpal Tunnel syndrome

### Lower Limb

Knee pain

Football injuries

[Foot pain](#)

[Ankle problems](#)

[Foot problems](#)

[Exercise advice videos](#)

[Foot and ankle advice](#)

[Hip problems](#)

[Knee problems](#)

[Hip & Knee](#)

## [\*\*General Advice\*\*](#)

[General advice from a physiotherapist](#)

[Easy exercise guide](#)

[Video: Understanding pain in less than 5 minutes](#)

[Video: Why things hurt](#)

[Pain Concern website](#)

[Pain Ed website](#)

[Mindfulness](#)