

MSK Bitesize digital session handout

Inflammatory arthritis:

- 5 Minutes to MSK Care RCGP video: [Detecting Inflammatory Arthritis](#)
- [RCGP Inflammatory Arthritis Toolkit](#)
- Red Whale webinar: [supporting Rheumatology patients during Covid-19](#)

Fibromyalgia:

- 5 Minutes to MSK Care RCGP video: [Fibromyalgia syndrome](#)
- Red Whale webinar: [Chronic Pain](#)

Polymyalgia Rheumatica:

- 5 minutes to MSK care RCGP video: [Polymyalgia Rheumatica](#)

Myeloma:

- Visit the Myeloma Academy [website](#)

Gout:

- 5 minutes to MSK care RCGP video: [Gout](#)
- Red Whale webinar RCGP video: [Gout](#)
- Red Whale PEARL on [Gout](#)

Paediatric MSK:

- Versus Arthritis [paediatric resources](#)
- [pGALS app](#)

Physical Activity:

- CMO physical activity guidelines [infographic](#)
- [eLearning](#) for Healthcare: The prevention and management of long-term conditions by being active
- PHE Physical activity: applying [All Our Health](#) guidance

- [BMJ Learning](#): physical activity in the treatment of long term conditions
- [Moving medicine](#)
- [Parkrun practice initiative](#)
- [Escape Pain](#)
- We are undefeatable campaign [information](#)
- We are undefeatable campaign [resources for HCP's](#)
- Versus Arthritis condition specific [exercise ideas](#)
- Active at Home [booklet](#)

Versus Arthritis resources:

- Sign up to the [professional network](#)
- Support and information for [healthcare professionals](#)
- [Core Skills in MSK](#) eLearning course information:
- MSK webinars with [Red Whale](#)
- Condition specific [information](#)
- [Exercise sheets](#) for patients

NOTE: All '5 minutes to MSK care' videos from the RCGP and the Versus Arthritis Core Skills in Musculoskeletal Care eLearning course are free to access through the RCGP website for members and non-members of the college. If you are a non-member you can create a 'basic' membership free of charge for access to these resources.