Active Recovery MSK Pathway

1

Referral or self-referral

Enter the Active Recovery MSK pathway.

2

Initial assessment

An assessor completes the initial breakdown.

3

Pathway Selection

Pathway allocation is determined jointly by the Lead Clinician and MSK Project Officer following assessment.

4

Ongoing support and self-management

Continue with ongoing support and build confidence with self-management.

1 **One to One MSK Assessment**

Initial assessment and follow-up appointments for up to 12 weeks.

2 **Group Rehabilitation Classes**

Condition specific group rehabilitation classes.

3 **Supported Transition into Community Activity**

Referral and support into local physical activity opportunities.

4 **Online MKS Education**

Prevention and self management resources.