

**True or False:** Research and guidelines are really easy for physiotherapists to access and use?

**False.** Although there is lots of research and guidelines to support physiotherapists in their MSK practice they're not always easy to find. Physios also don't always have time to read them all and sometimes they even have to pay for them.



**Evidence and information use in MSK physiotherapy:**  
Information sources

Interested in finding out more about this project?  
Contact Cheryl Grindell project lead  
cheryl.grindell@sheffield.ac.uk Tel: 07783767817

**True or False:** You can access lots of useful MSK evidence and information via social media and podcasts.

**True.** There is lots up to date and succinct MSK information/ evidence on social media platforms and podcasts if you know the right people/accounts to follow and have access to a phone or digital device.



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**True or False:**  
Physios and patients consider their peers to be important sources of information and evidence.

**True.** Both physios and patients value expert professionals support and advice. Family and friends are important sources of information too for patients



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**True or  
False:** Patients  
don't know what to  
expect when they come  
for their physiotherapy  
appointment

**True.** Patients  
usually don't know  
who they will be seeing,  
how long the appointment  
will be and the format the  
appointment will take.



**Evidence and information use in MSK physiotherapy:**  
The appointment

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**True or False:** Patients and physios expect the same thing from the appointment?

**False.** Patients feel they are often asked questions about their MSK problem and their health that they expect the physio should already know. Often patients are expecting that more time will be spent examining and treating them with a more 'hands on' approach



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The appointment

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**True or False:**  
Physios always give patients enough information so they are able to understand what is wrong and what can be done about it.

**False.** Often information isn't given in a format that the patient would prefer or that they perceive is good enough quality to feel confident to know, or remember, what to do, especially if there are long periods between the appointments.



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**True or False:**  
Giving patients the most up-to-date evidence informed treatment and advice for their MSK problem means they are bound to follow it?

**False.** Being up to date or knowing the best evidence isn't enough. The relationship you form with the patient plays a big part in the process too.



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