



## ABOUT US

MSK Doctors specialises in the non-surgical management of joint and muscle pain. We embrace highly effective one stop outpatient treatments without the need for a general anaesthetic and inpatient hospital stay. MSK Doctors clinics offer effective solutions in the treatment of musculoskeletal conditions. Our vision is to deliver cutting edge medical therapy options to patients in an outpatient setting. Our aim is to help you delay and avoid surgery for as long as possible and allow you to stay active.

Our team has travelled the world to learn highly advanced treatment techniques from centres of excellence. We offer highly effective treatments that are not available in the public healthcare system. Our team of doctors are dual qualified and have experience in Sports Medicine and Orthopaedics Surgery. We can access resources and treatments which are only available to the top 1% of the super elite.

**Diagnosis and non-surgical treatments offered by MSK doctors:**

MSK Doctors can offer you an alternative to routine public healthcare. With our support, you will be able to delay surgery and enjoy your own biology instead of metal and plastic implants.



## TREATMENTS:

### Injections

Many clinics offer joint injections; depending on the funding and the expertise of the practitioner, results vary. In the public sector, local anaesthetic and steroid mixtures are the commonest substances used for joint injections. Although the toxic effects of this combination of drugs is well known and published in the scientific literature, it is still the treatment of choice in the public sector based purely on cost. Most practitioners will take the one size fits all attitude of 'we have always done it that way' when it comes to MSK injections. High concentrations of local

## OPTIONS

- Non-surgical treatment
- Custom bracing
- Biological treatment
- Sport injuries
- Premiership treatment options
- Non hospital surgery
- Customized surgery



ACL Brace

PCL Brace

Unloader Brace



anaesthetic and steroid are toxic to cartilage cells (chondrocytes), in fact, it is the substance that the scientists use in the lab if they want to kill these cells. It makes little sense to inject such a high concentration of toxic substances to an enclosed environment such as the knee joint. Perhaps the objective is to 'kill' the cells and nerve endings so it will not be painful anymore.

Scientists around the World have been working on the treatment of joint pain and there are many approved substances designed specifically for joint injections. Each person's needs should be taken into account with their individual circumstances and, at the same time, each joint will have a specific environment and need. At MSK Doctors, our experts will take into account all these factors and offer you the most appropriate treatment solutions.

### Custom Bracing

One of the non-surgical treatment options for knee osteoarthritis is the use of an Unloader knee brace. There are many different types of devices on the market and it can be very confusing. If the offloading knee brace is not used appropriately with specialist prescriptions, it will become ineffective and does not have the desired effect of pain relief and delayed surgical intervention. MSK Doctors has great experience with different types of Unloader knee braces and has published in the British Medical Journal (BMJ).

### Surgery

Sometimes surgery is necessary in the treatment plan. Our surgeons at MSK Doctors can offer a cutting edge customised approach to fit your needs. Our experts are highly trained, please see the surgical section for more details.

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