

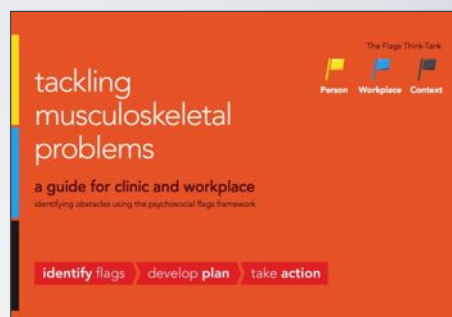
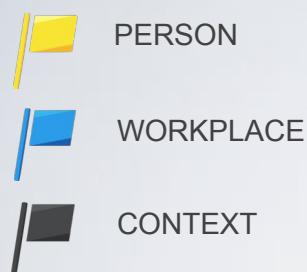
Tackling Musculoskeletal Problems

a guide for clinic and workplace

identifying obstacles using the psychosocial flags framework

Kendall, Burton, Main, & Watson (2009)

www.tsoshop.co.uk/flags



- Flags are about identifying obstacles to being active and working
- The important thing is to figure out how these can be overcome or bypassed
- Combining work-focused healthcare with an accommodating workplace is best: that means all players onside - consistency, coordination and collaboration

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- *Tackling Musculoskeletal Problems* (TMP) is an evidence-based guide for both the clinic and the workplace, but it will also be of use to many others ... including human resources departments, claims handlers, insurers, lawyers, case managers, employment advisors, health and safety advisors, rehabilitation providers, occupational health services, etc, etc.
- *Tackling Musculoskeletal Problems* has been carefully integrated with the important modern concepts of stepped-care, shared decision-making, effective vocational rehabilitation, and claims and case management.
- The guide provides a solution-focused approach to the management of common musculoskeletal problems. It focuses on identifying psychosocial obstacles using the flags framework.
- The approach uses an easily understood and remembered method:
 “ **identify flags, develop [a] plan, [then] take action** ”
- Identifying flags highlights obstacles to being active and working, and this allows us to figure out how to overcome obstacles, or how to navigate around those that cannot be changed.
- For practical use the flags have been grouped into those belonging to the Person, their Workplace, and the Context in which they function. There is a clear description of each psychosocial flag, with guidance on what to look for using two simple questions, and what can be done using simple and available management strategies.
- The guide provides information using several layers of complexity, to reach different audiences. There are summary pages that can be used for standalone reference or training material. There is straightforward advice with headlines about important aspects; and, more detailed and technical information for those requiring it. Illustrative case stories are also included.
- The guide also includes a 2-page summary for the workplace (line managers, supervisors, employers), and a 1-page advice sheet for workers who experience musculoskeletal problems.