



**MUSCULOSKELETAL
PARTNERS NETWORK.**
RAISING STANDARDS, IMPROVING QUALITY

MSK Partners Network (MSKPN)

Pain & Wellness Study 2020

MSKPN conducted a survey of 2000 UK adults (nationally representative). Respondents were asked a series of health and lifestyle questions relating to pre, during and post COVID-19 lockdown (23 March -28 May 2020) with particular emphasis on musculoskeletal health and pain. Here are the 2020 study findings...

The Musculoskeletal Partners Network sits at the heart of the industry to give providers of MSK services a collective voice. Find out more at www.mskpn.co.uk or contact enquiries@mskpn.co.uk



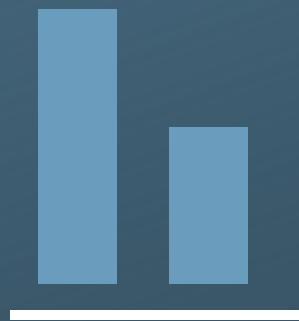
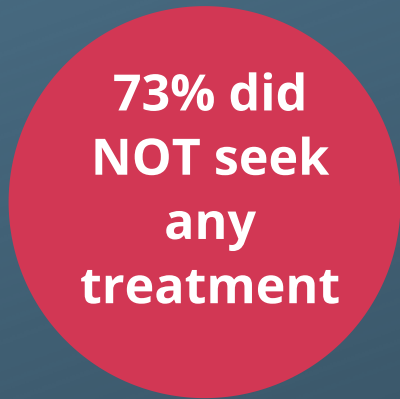
PAIN AND TREATMENT DURING LOCKDOWN



57%

of UK adults admitted that before lockdown, they suffered with pains, strains or discomfort

Of those who suffered with pain during lockdown:



Reasons for not seeking treatment included:



36% self-medicated



35% didn't want to overburden the NHS



33% didn't want to risk exposure to COVID-19 in a healthcare setting

Of those who did not suffer with pains before lockdown (42% of respondents):

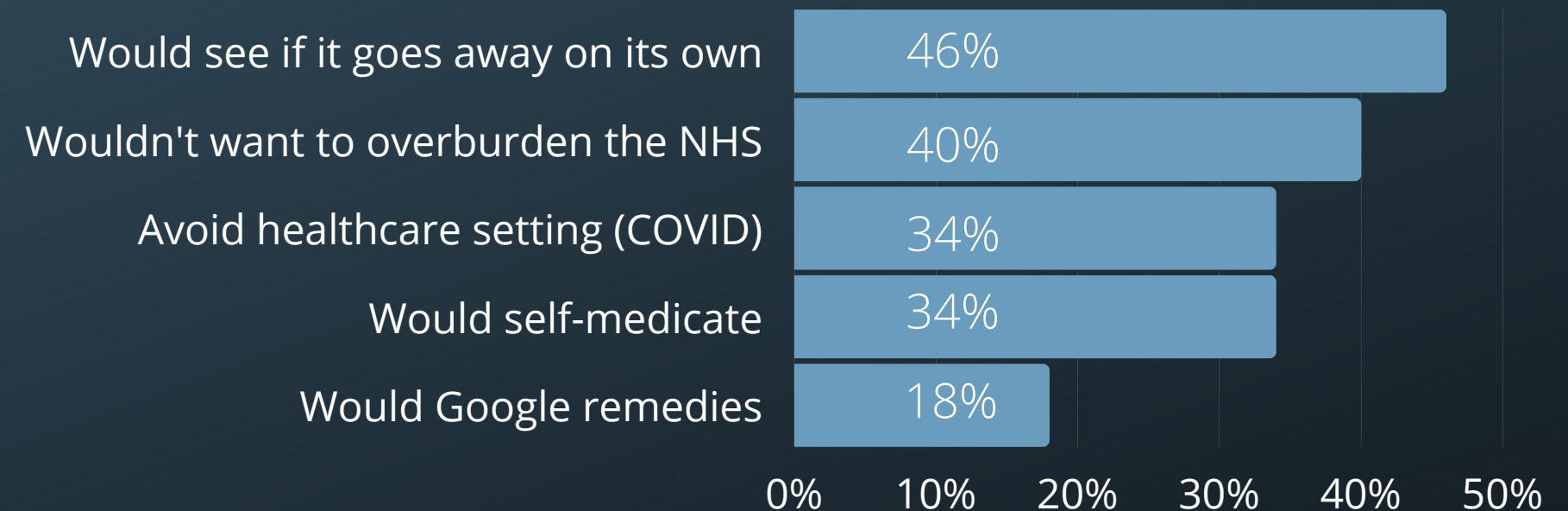
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said they would seek treatment if they were to experience pain



Two fifths said they would not have sought treatment

Of those who would not seek treatment if they were to suffer with any pain:





EXPERIENCING PAIN, ACTIVITIES & WELLNESS

Breakdown of where in the body people reported they felt pain before COVID-19:

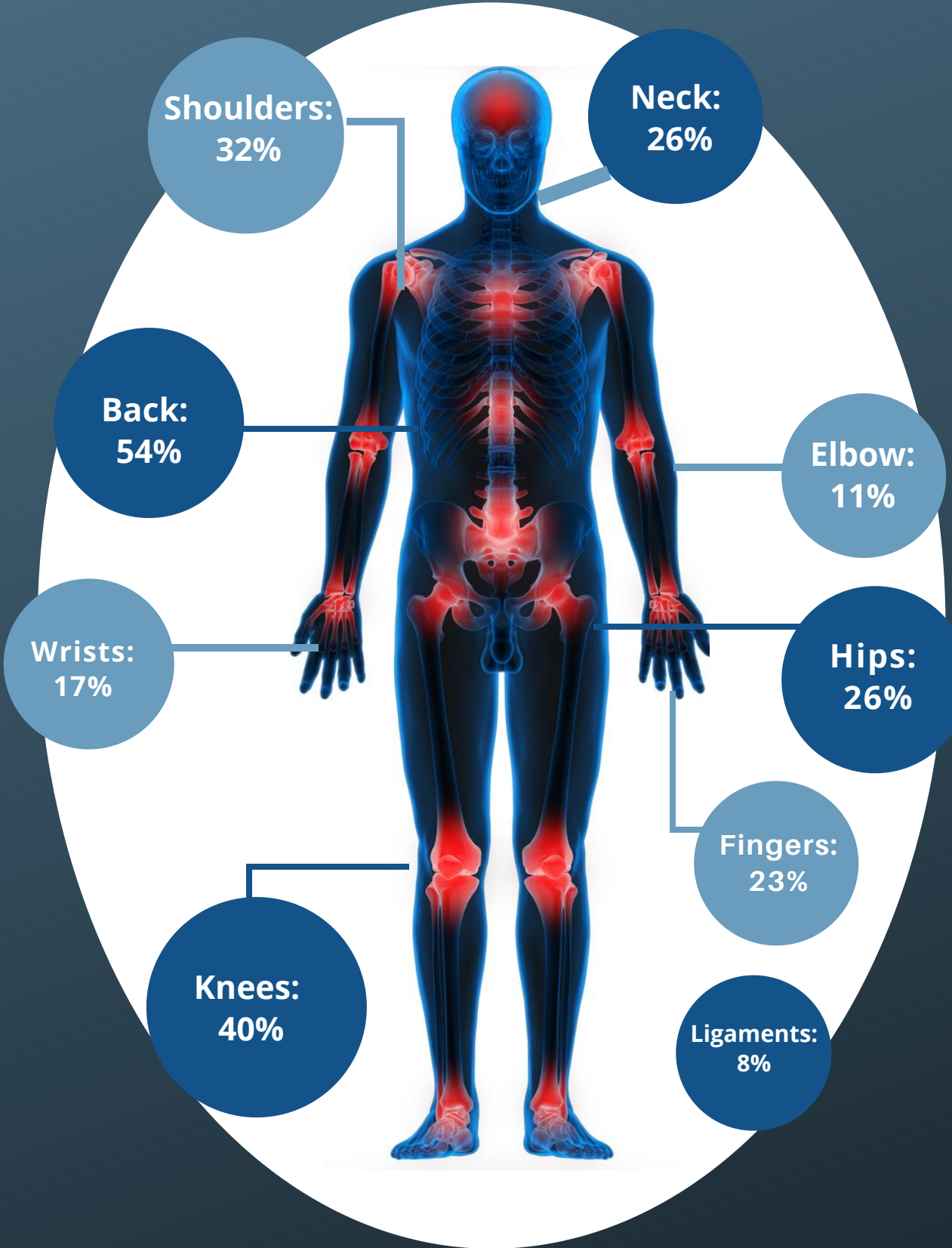
The **back** (54%) and **knees** (40%) were the most common areas that people experienced pains, strains or discomfort.



26% of Brits felt more stressed and less in control during lockdown.

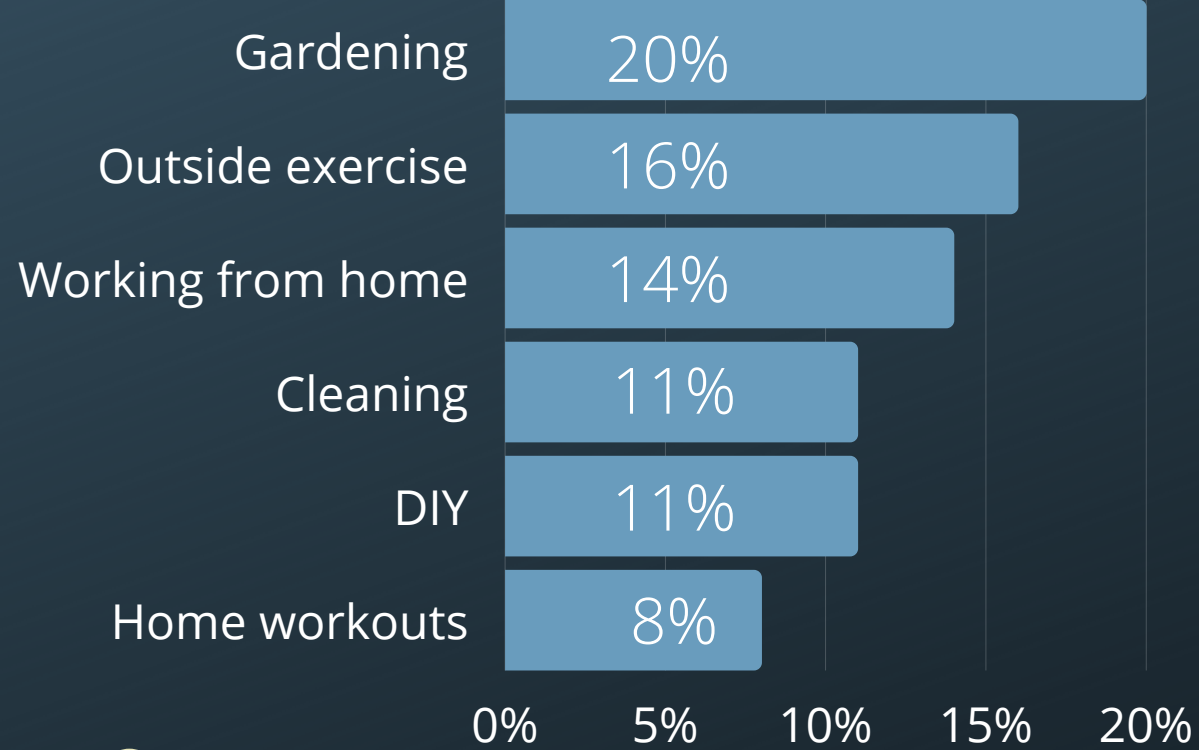


Working from home with an unsuitable set up during lockdown was linked to **14%** of physical ailments, rising to **19%** in London.



26% feel weaker/less physically well now than before lockdown.

Activities that were said to cause or exacerbate physical ailments during lockdown:

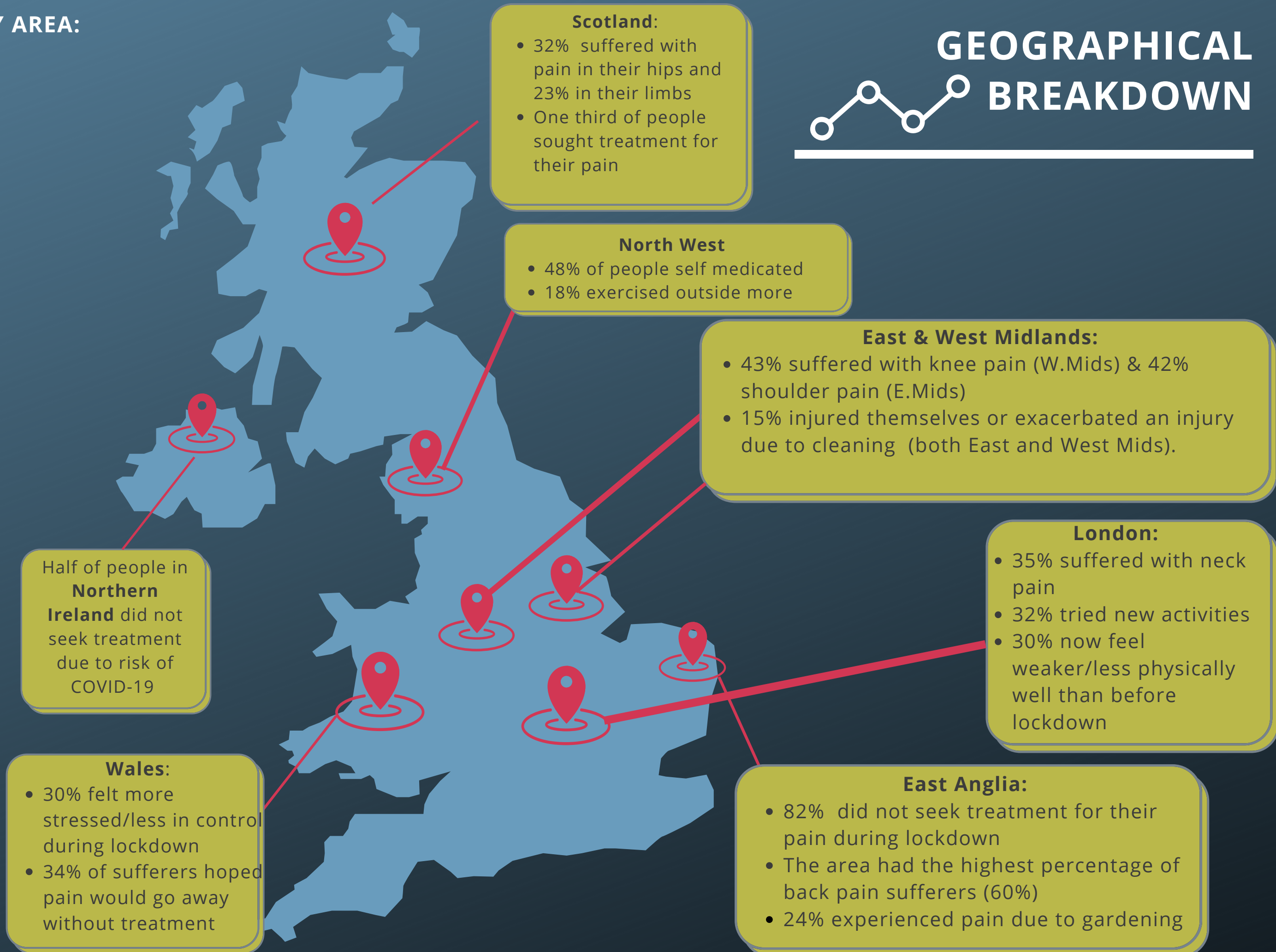


24% tried new physical activities

PERCENTAGE OF PAIN SUFFERERS BY AREA:

WEST MIDLANDS	63%
NORTH EAST	62%
YORKSHIRE & THE HUMBER	59%
NORTHERN IRELAND	59%
NORTH WEST	58%
WALES	58%
SOUTH EAST	57%
LONDON	56%
SCOTLAND	56%
EAST ANGLIA	55%
SOUTH WEST	53%
EAST MIDLANDS	52%

GEOGRAPHICAL BREAKDOWN



GENDER BREAKDOWN



21% of men caused or exacerbated an injury due to gardening.

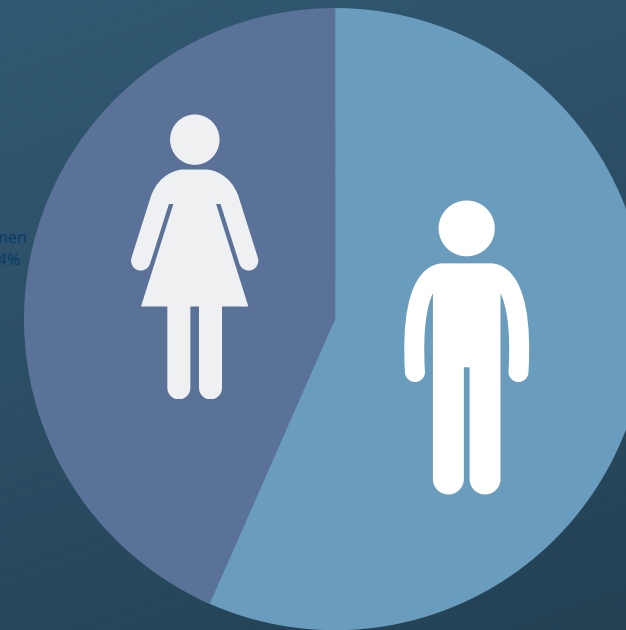


One third of women felt more stressed and less in control during lockdown compared to a **fifth of men**.

30% of men sought treatment for their pain, compared to just **23%** of women.

The top factor for **women** *not* seeking treatment was that they did not want to overburden the NHS with a low priority issue (37%).

The top factor for **men** was that they hoped it might go away on its own (31%).



Of those who experienced pain, **56%** of **women** said that they experienced back pain. Half of the respondents that were men reported back pain.



58%

of **women** said that before lockdown, they suffered with pain.



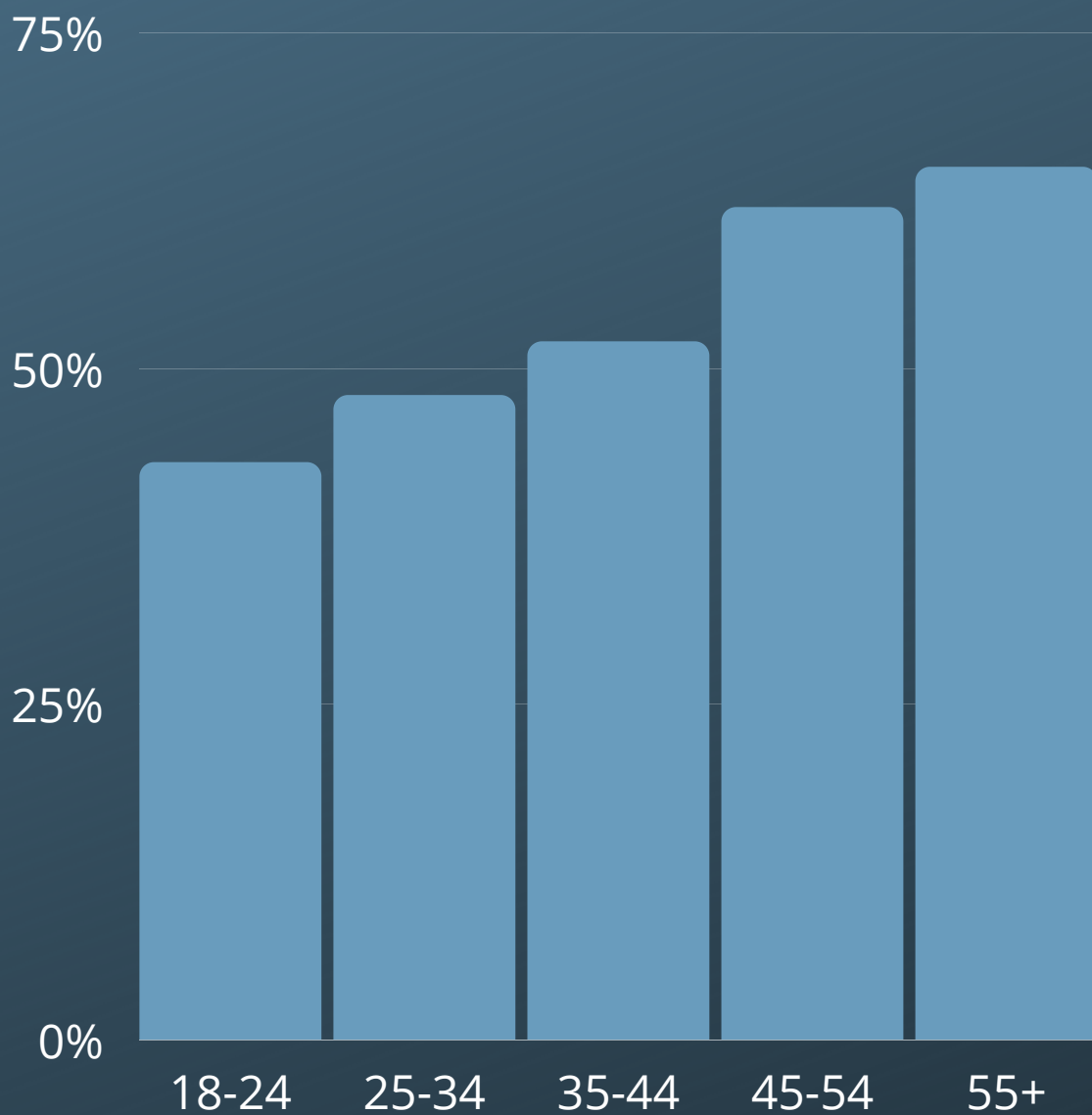
56%

of **men** said that before lockdown, they suffered with pain.

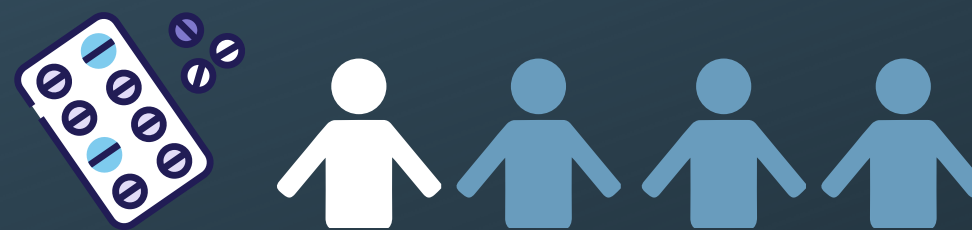


Nearly one third (29%) of 45-54 year olds felt more stressed during lockdown.

The findings show that the largest group of respondents experiencing pain were those aged **over 55 (65%)** and the lowest were those aged between **18-24 (43%)**.



One third of 18-24s saw their condition worsen during lockdown and **44%** of the group didn't seek treatment, hoping it would go away on its own.



One in four (42%) of over 55s self-medicated to manage their pain.



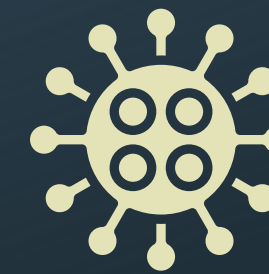
BREAKDOWN BY AGE



One quarter of 25-44 year olds surveyed experienced physical ailments due to unsuitable home working.



37% of **45-54** year olds didn't seek treatment for their condition for fear of overburdening the NHS.



42% of **35-44** year olds didn't seek treatment for their condition because they didn't want to enter a healthcare setting due to COVID-19.