

Musculoskeletal conditions overview

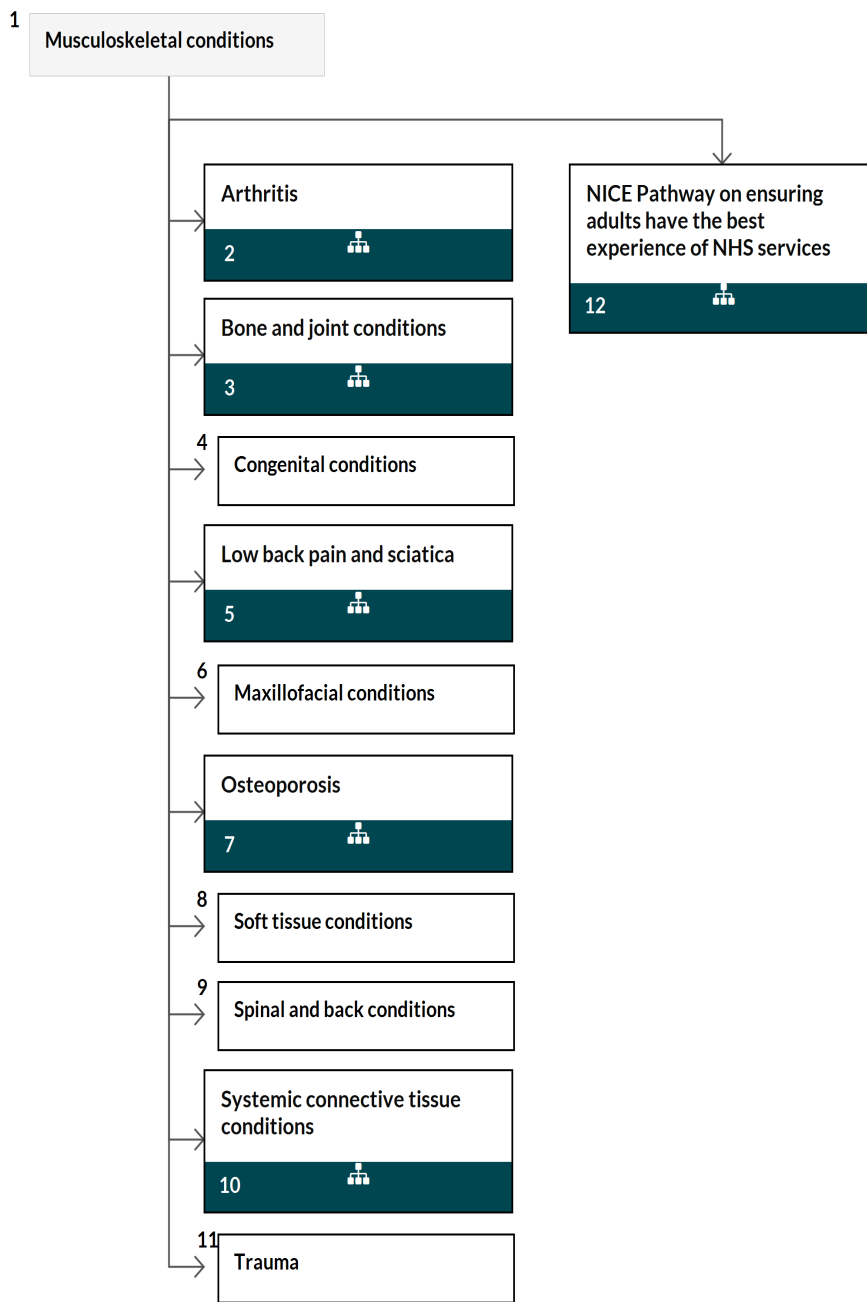
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/musculoskeletal-conditions>

NICE Pathway last updated: 20 November 2020

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



1 Musculoskeletal conditions

No additional information

2 Arthritis

[See Musculoskeletal conditions / Arthritis](#)

3 Bone and joint conditions

[See Musculoskeletal conditions / Bone and joint conditions](#)

4 Congenital conditions

Interventional procedures

NICE has published guidance on the following procedures with **normal arrangements** for clinical governance, consent and audit:

- [thoracoscopic repair of congenital diaphragmatic hernia in neonates](#)
- [placement of pectus bar for pectus excavatum \(also known as MIRPE or the Nuss procedure\)](#).

NICE has published guidance on the following procedures with **special arrangements** for clinical governance, consent and audit or research:

- [direct skeletal fixation of limb or digit prostheses using intraosseous transcutaneous implants](#)
- [intramedullary distraction for lower limb lengthening](#).

See what NICE says on the neurological condition, [Duchenne muscular dystrophy](#).

5 Low back pain and sciatica

[See Low back pain and sciatica](#)

6 Maxillofacial conditions

NICE has published a clinical knowledge summary on [temporomandibular disorders](#). This practical resource is for primary care professionals (it is not formal NICE guidance).

Interventional procedures

NICE has published guidance on [insertion of customised titanium implants, with soft tissue cover, for orofacial reconstruction](#) with **normal arrangements** for clinical governance, consent and audit or research.

NICE has published guidance on [insertion of customised exposed titanium implants, without soft tissue cover, for complex orofacial reconstruction](#) with **special arrangements** for clinical governance, consent and audit or research.

7 Osteoporosis

[See Osteoporosis](#)

8 Soft tissue conditions

NICE has published clinical knowledge summaries on:

- [Achilles tendinopathy](#)
- [bruising](#)
- [Dupuytren's disease](#)
- [greater trochanteric pain syndrome \(trochanteric bursitis\)](#)
- [plantar fasciitis](#)
- [polymyalgia rheumatica](#)
- [pre-patellar bursitis](#)
- [sprain and strains](#)
- [tennis elbow](#).

These practical resources are for primary care professionals (they are not formal NICE guidance).

Dupuytren's contracture

The following recommendations are from NICE technology appraisal guidance on [collagenase clostridium histolyticum for treating Dupuytren's contracture](#).

People who meet the inclusion criteria for the ongoing clinical trial [HTA-15/102/04](#), comparing CCH with limited fasciectomy, are encouraged to participate in the study.

For people not taking part in the ongoing clinical trial, CCH is recommended as an option for treating Dupuytren's contracture with a palpable cord in adults only if all of the following apply:

- There is evidence of moderate disease (functional problems and metacarpophalangeal joint contracture of 30° to 60° and proximal interphalangeal joint contracture of less than 30° or first web contracture) plus up to 2 affected joints.
- Percutaneous needle fasciotomy is not considered appropriate, but limited fasciectomy is considered appropriate by the treating hand surgeon.
- The choice of treatment (CCH or limited fasciectomy) is made on an individual basis after discussion between the responsible hand surgeon and the patient about the risks and benefits of the treatments available.
- 1 injection is given per treatment session by a hand surgeon in an outpatient setting.

These recommendations are not intended to affect treatment with CCH that was started in the NHS before this guidance was published. Adults having treatment outside these recommendations may continue their current course without change to the funding arrangements in place for them before this guidance was published, until they and their NHS clinician consider it appropriate to stop.

NICE has written information for the public on [collagenase clostridium histolyticum](#).

NICE has published interventional procedures guidance on [needle fasciotomy for Dupuytren's contracture](#) with **normal arrangements** for consent, audit and clinical governance

NICE has published interventional procedures guidance on [radiation therapy for early Dupuytren's disease](#) with **special arrangements** for clinical governance, consent and audit or research.

Other soft tissue conditions

NICE has published interventional procedures guidance on [extra-corporeal shockwave lithotripsy for calcific tendonitis \(tendinopathy\) of the shoulder](#) with **normal arrangements** for consent, audit and clinical governance.

NICE has published interventional procedures guidance on the following procedures with **special arrangements** for clinical governance, consent and audit or research:

- [extracorporeal shockwave therapy for Achilles tendinopathy](#)
- [autologous blood injection for tendinopathy](#)
- [autologous blood injection for plantar fasciitis](#)
- [extracorporeal shockwave therapy for refractory greater trochanteric pain syndrome](#)
- [extracorporeal shockwave therapy for refractory tennis elbow](#)
- [extracorporeal shockwave therapy for refractory plantar fasciitis](#).

NICE has published interventional procedures guidance that [distal iliotibial band lengthening for refractory greater trochanteric pain syndrome](#) should only be used **in the context of research**.

9 Spinal and back conditions

See [the NICE Pathway on metastatic spinal cord compression](#).

EOS 2D/3D imaging system

The following recommendations are from NICE diagnostics guidance on [EOS 2D/3D imaging system](#).

The EOS 2D/3D imaging system is an emerging technology with potentially important clinical benefits. Current evidence shows there are some patient benefits for people with spinal deformities in terms of radiation dose reduction and increased throughput. However, those benefits alone are insufficient to justify the cost of the system. No clinical evidence was available to quantify the extent of patient benefits from the EOS system's imaging features including 3D reconstruction, weight-bearing whole-body imaging, and simultaneous posteroanterior (PA) and lateral imaging. Therefore, the EOS 2D/3D imaging system is not currently recommended for routine use in the NHS.

NICE encourages use of the EOS 2D/3D imaging system in specialist research settings to collect evidence about potentially important clinical benefits associated with 3D reconstruction, single image weight-bearing whole-body imaging and simultaneous PA and lateral imaging.

The MAGEC system for spinal lengthening in children with scoliosis

April 2020: The MHRA issued a Medical Device Alert [MDA/2020/011](#) for all MAGEC systems. This is in response to the manufacturer's latest [Field Safety Notice](#) and previous field safety

notices for problems that may require early removal of devices and lead to inadequate treatment.

The MHRA is not recommending prophylactic removal of devices but the supply of all MAGEC systems is suspended in the UK while the MHRA investigation is ongoing. The MHRA has set out the following actions:

- Do not implant MAGEC rods in the UK until further notice.
- Identify all patients implanted with a MAGEC System and ensure systems are in place to follow up these patients.

The following recommendations are from NICE medical technologies guidance on [the MAGEC system for spinal lengthening in children with scoliosis](#).

The case for adopting the MAGEC system for spinal lengthening in children with scoliosis is supported by the evidence. Using the MAGEC system would avoid repeated surgical procedures for growth rod lengthening. This could reduce complications and have other physical and psychological benefits for affected children and their families.

The MAGEC system should be considered for use in children with scoliosis aged 2 years and over who need surgery to correct their spinal curvature, for example when conservative methods such as bracing or casting have failed.

Findings from cost modelling estimate that using the MAGEC system is cost saving compared with conventional growth rods from about 3 years after first insertion. The estimated cost saving per child after 6 years is around £12,077. The cost savings remained robust in sensitivity analyses. Further savings could be made by avoiding the need for spinal cord monitoring, which is sometimes used during conventional growth rod lengthening but is not needed when lengthening the MAGEC growth rods.

Interventional procedures

NICE has published guidance on the following procedures with **standard or normal arrangements** for clinical governance, consent and audit:

- [percutaneous insertion of vertebral craniocaudal expandable implants for vertebral compression fracture](#)
- [percutaneous transforaminal endoscopic lumbar discectomy for sciatica](#)
- [percutaneous interlaminar endoscopic lumbar discectomy for sciatica](#)
- [percutaneous coblation of the intervertebral disc for low back pain and sciatica](#)

- [interspinous distraction procedures for lumbar spinal stenosis causing neurogenic claudication](#)
- [percutaneous intradiscal laser ablation in the lumbar spine](#)
- [prosthetic intervertebral disc replacement in the cervical spine](#)
- [prosthetic intervertebral disc replacement in the lumbar spine](#)
- [therapeutic percutaneous image-guided aspiration of spinal cysts](#)
- [direct C1 lateral mass screw for cervical spine stabilisation](#)

NICE has published guidance on the following procedures with **special arrangements** for clinical governance, consent and audit or research:

- [percutaneous intradiscal radiofrequency treatment of the intervertebral disc nucleus for low back pain](#)
- [percutaneous electrothermal treatment of the intervertebral disc annulus for low back pain and sciatica](#)
- [insertion of an annular disc implant at lumbar discectomy](#)
- [peripheral nerve-field stimulation for chronic low back pain](#)
- [therapeutic endoscopic division of epidural adhesions](#)
- [percutaneous endoscopic laser cervical discectomy](#)
- [automated percutaneous mechanical lumbar discectomy](#)
- [percutaneous endoscopic laser thoracic discectomy](#)
- [endoscopic laser foraminoplasty](#).

NICE has published guidance on [epiduroscopic lumbar discectomy through the sacral hiatus for sciatica](#) which should only be used **in the context of research**.

Medtech innovation briefings

NICE has published medtech innovation briefings on:

- [Neo Pedicle Screw System for spinal fusion surgery](#)
- [Ekso exoskeleton for rehabilitation in people with neurological weakness or paralysis](#)
- [Mobi-C for cervical disc replacement](#)
- [PediGuard for placing pedicle screws in spinal surgery](#).

Clinical knowledge summary

NICE has published a clinical knowledge summary on [neck pain - cervical radiculopathy](#). This practical resource is for primary care professionals (it is not formal NICE guidance).

10 Systemic connective tissue conditions

[See Musculoskeletal conditions / Systemic connective tissue conditions](#)

11 Trauma

See the NICE Pathways on:

- [head injury](#)
- [hip fracture in adults](#)
- [trauma](#).

NICE has published a clinical knowledge summary on [neck pain - whiplash injury](#). This practical resource is for primary care professionals (it is not formal NICE guidance).

12 NICE Pathway on ensuring adults have the best experience of NHS services

[See Patient experience in adult NHS services](#)

Glossary

CCH

collagenase clostridium histolyticum

Sources

[Collagenase clostridium histolyticum for treating Dupuytren's contracture \(2017\) NICE technology appraisal guidance 459](#)

[The MAGEC system for spinal lengthening in children with scoliosis \(2014\) NICE medical technologies guidance 18](#)

[The EOS 2D/3D imaging system \(2011\) NICE diagnostics guidance 1](#)

Your responsibility

Guidelines

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable

health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Technology appraisals

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

Medical technologies guidance, diagnostics guidance and interventional procedures guidance

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in their local context, in light of their duties to have due regard to the need to eliminate unlawful

discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.