



## PROJECT DOSSIER

# Changing lives with knowledge and innovation



# Digi4MSK

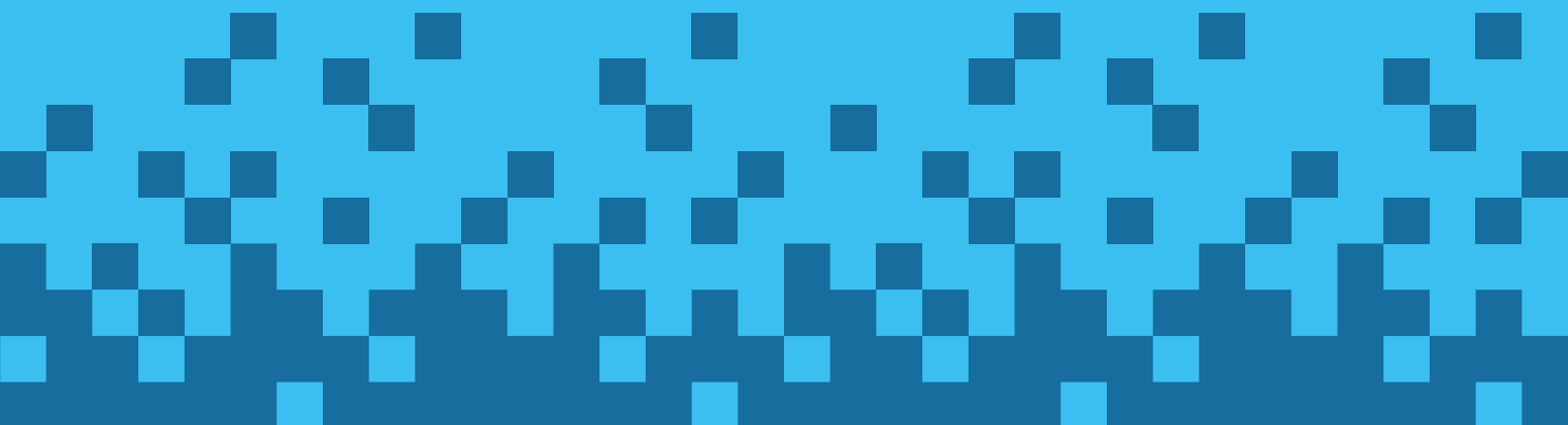
## Project overview and main resources

Digi4MSK is a European Erasmus+ project aimed at improving the management of musculoskeletal pain through the development of digital resources, training activities, and the generation of scientific evidence. The project seeks to facilitate access to reliable information and practical tools that help patients and healthcare professionals implement evidence-based self-management strategies.

To achieve this, Digi4MSK combines research, development of open educational resources, along with face-to-face and online training activities across several European countries. The ultimate goal is to improve musculoskeletal health literacy, promote autonomy among people living with musculoskeletal pain, and support professionals in implementing self-management approaches in clinical practice.

**Project website:** [digi4msk.eu](https://digi4msk.eu)

**Repository of selected project resources:**  
[zenodo.org/communities/digi4msk/](https://zenodo.org/communities/digi4msk/)



# Open resources from the project

## Best practice books for professionals and patients

Digi4MSK develops two versions of a best practice book: one for healthcare professionals and another adapted for patients.

The professional version serves as a quick reference guide to help address common situations encountered when implementing self-management in clinical practice. Examples include patients with low motivation to exercise, difficulties adhering to recommendations, or challenges navigating available healthcare resources.

The patient version provides clear and accessible information about musculoskeletal pain and includes practical strategies and resources to support effective self-management.

### **Book for patients:**

[zenodo.org/records/17921634](https://zenodo.org/records/17921634)

### **Book for professionals:**

[zenodo.org/records/17921439](https://zenodo.org/records/17921439)

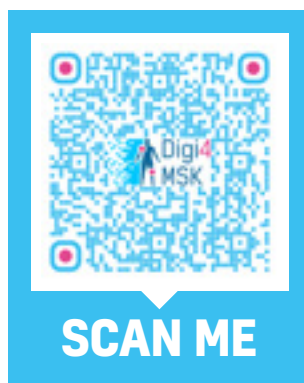


## Online courses for professionals

The project develops open online courses for healthcare professionals working in the musculoskeletal field. Courses for professionals focus on strategies for integrating self-management into clinical practice, improving patient education, and using evidence-based digital resources.

### Online courses for professionals:

[digi4msk.eu/content/courses/online-courses-for-healthcare-professionals/](https://digi4msk.eu/content/courses/online-courses-for-healthcare-professionals/)



**Digi4MSK**

MONTHLY EDITIONS  
SECURE YOUR SPOT!

## Online course for healthcare professionals

-  Self-management
-  Communication
-  MSK Pain
-  100% funded  
by the EU

[Explore the course](#)

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# Online courses for patients and people with pain

The project develops open online courses aimed at people with musculoskeletal pain. The courses offer clear information about musculoskeletal pain and provide practical tools to improve self-management, promote healthy habits, and increase confidence in making decisions about their health.

## Online courses for patients:

[digi4msk.eu/content/courses/online-courses-for-the-general-population/](https://digi4msk.eu/content/courses/online-courses-for-the-general-population/)



**Digi4MSK**

LEARN ABOUT MUSCLE & JOINT PAIN AND HOW TO MANAGE IT

**FREE!**  
**Online course to help you know and manage your pain**

-  How to deal with flare-ups
-  Strategies to feel more confident
-  Practical tools to manage your pain
-  100% funded by the European Union

[Explore the course](#)



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## International workshops for professionals and patients

Digi4MSK organises in-person workshops in several European countries (Spain, Denmark, Italy, Ireland, and Austria) for both healthcare professionals and patients.

These workshops have a practical focus and are designed to develop skills related to the self-management of musculoskeletal pain. Professionals explore strategies to address common clinical situations, such as low motivation for exercise or difficulties integrating digital resources into patient care.

Workshops for patients provide practical tools to better understand their condition, manage pain, and use reliable digital resources effectively.



# International workshops for professionals and patients



# Report on online behaviour when searching for musculoskeletal health information

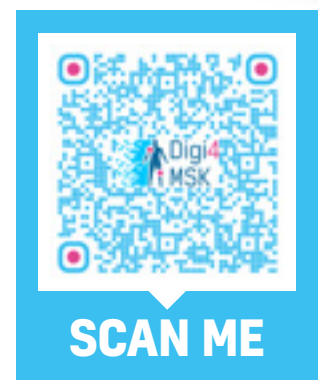
This report analyses how people with pain and health professionals search for musculoskeletal pain information on the internet and what types of digital resources they use. The study identifies the main sources of information, common search patterns, and the challenges users face when trying to access reliable health content.

The findings help to better understand users' needs and provide a foundation for designing digital resources that are more accessible, clearer, and better adapted to both patients and healthcare professionals.



**Full report in English:**  
[digi4msk.eu/wp-content/uploads/  
2024/12/DIGI4MSK-D2.1-1.0.pdf](https://digi4msk.eu/wp-content/uploads/2024/12/DIGI4MSK-D2.1-1.0.pdf)

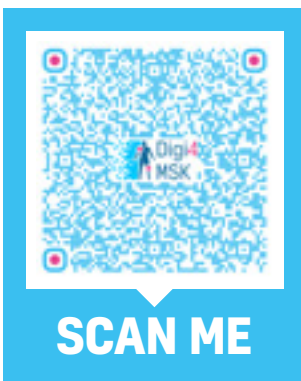
**Summary:**  
[digi4msk.eu/wp-content/uploads/  
2024/12/DIGI4MSK-D2.1-1.0.pdf](https://digi4msk.eu/wp-content/uploads/2024/12/DIGI4MSK-D2.1-1.0.pdf)



# Evidence synthesis on digital self-management interventions

This resource gathers and synthesises the available scientific evidence on the effectiveness of digital interventions aimed at supporting the self-management of musculoskeletal pain. Different types of digital tools, such as mobile applications, online programmes, and educational platforms are analysed, as well as barriers and facilitators related to self-management. Their impact is examined across outcomes such as pain, physical function, adherence to exercise, and patients' self-management capacity.

This synthesis provides a scientific foundation that informs both the development of the project's resources and their use in clinical practice.



## **Evidence synthesis download:**

[digi4msk.eu/wp-content/uploads/2024/10/Digi4MSK-D3.1\\_Synthesis-of-current-evidence-on-self-management-for-musculoskeletal-painful-disorders.pdf](https://digi4msk.eu/wp-content/uploads/2024/10/Digi4MSK-D3.1_Synthesis-of-current-evidence-on-self-management-for-musculoskeletal-painful-disorders.pdf)



# Don't Miss Digi4MSK final Congress

Are you a musculoskeletal health professional looking to sharpen your clinical skills and stay at the cutting edge of pain science?

DIGI4MSK (September 19th) brings together leading clinicians and researchers at the forefront of MSK pain science – check the list of speakers – in a uniquely hands-on, learner-centred format. Forget passive lecture halls: the professional day is built around mini master classes, where each session is designed to develop one concrete clinical competence, combining short evidence-based inputs with real case demonstrations and live audience interaction via digital tools like Mentimeter.

Topics span the full clinical spectrum – from red flag screening and post-surgical coordination, to Cognitive Functional Therapy, self-management ,person-centred care in fibromyalgia, and practical strategies for embedding biopsychosocial frameworks into private practice.



The poster features a central illustration of a presenter pointing at a screen displaying a human silhouette with red dots on joints, while an audience of diverse people sits in front. The background is light blue with abstract shapes.

 **Digi4MSK**

**SEPT 19 • 2026**  
**Digi4MSK Congress**

Aimed at healthcare professionals who regularly treat people with musculoskeletal pain and is designed to foster learning and reflection.

**DATE** September 19 (Saturday) 2026, from 8:30 a.m. to 7:00 p.m.  
**PLACE** San Valero Group Building Plaza de Santa Cruz, s/n, 50003 Zaragoza

**FORMAT** In-person and online. Limited in-person places  
**PRICE** 100% EU Funded. Including lunch tapas and coffee breaks

**LANGUAGES** Morning session: English + simultaneous translation into Spanish  
Afternoon session: Spanish + simultaneous translation into English

Sign up at [digi4msk.eu](https://digi4msk.eu)

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## Don't Miss Digi4MSK final Congress

The programme also features two expert debate panels tackling some of the field's hottest questions, including how to integrate emerging biomedical advances with biopsychosocial approaches, and what truly happens to patients after therapy discharge.

This congress is 100% funded by the European Union and in-person seats are strictly limited — making early registration essential. Whether you attend in person or online (with simultaneous English-Spanish translation available for the debates), this is a rare opportunity to learn directly from the researchers shaping the future of MSK pain management.



**More information:**

[digi4msk.eu/event/digi4msk-congress/](https://digi4msk.eu/event/digi4msk-congress/)

## Webinar series

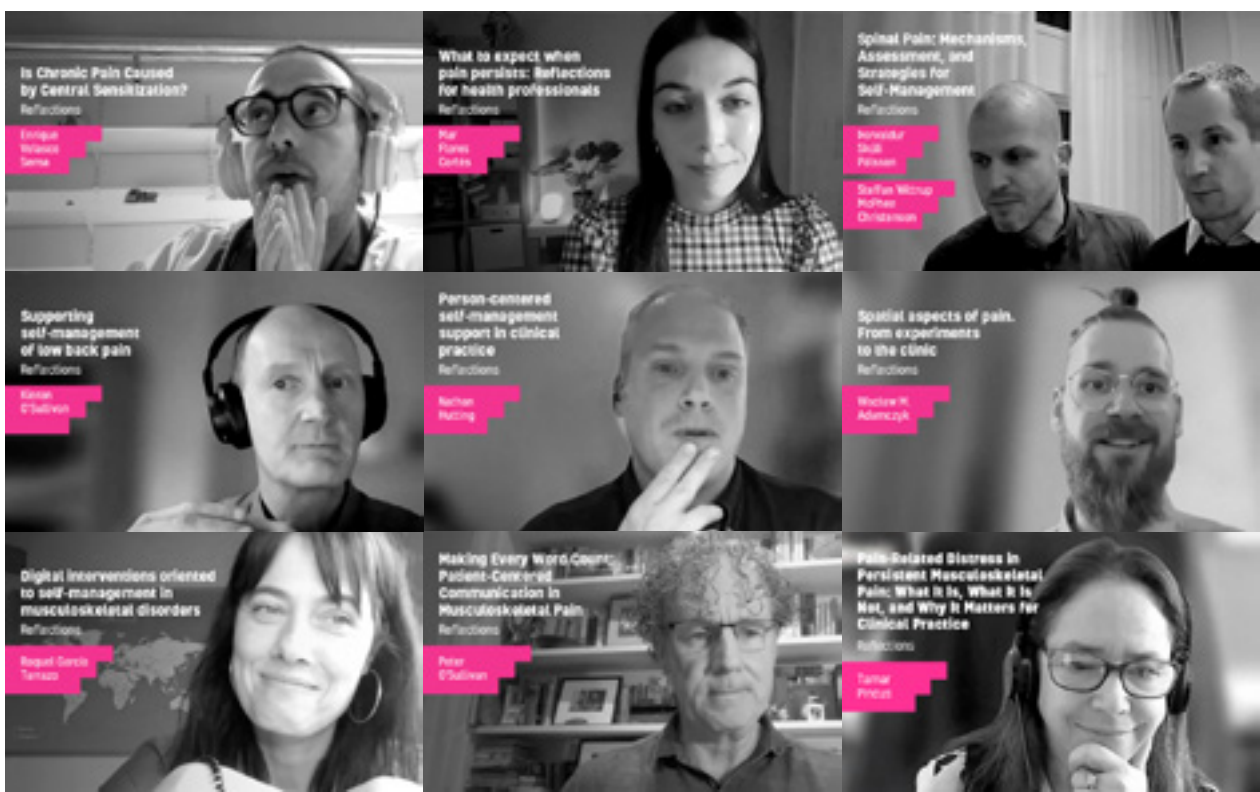
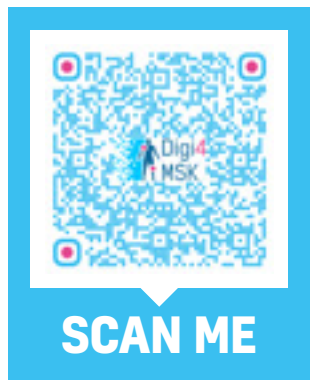
The Digi4MSK project presents an international webinar series bringing together leading researchers and clinicians to address persistent musculoskeletal pain and self-management support from a contemporary, evidence-based perspective.

Across multiple sessions, the series explores pain mechanisms, person-centered communication, spatial and emotional dimensions of pain, and clinical and digital strategies aimed at empowering both patients and health professionals.

This webinar series provides a forum for reflection, knowledge exchange, and professional development, bridging research and clinical practice while promoting innovative, person-centered approaches to musculoskeletal pain management.

### Youtube list:

[youtube.com/playlist?list=PLoQUCbPV2fnwy-kIQH68FHPPxfIEESHT8](https://youtube.com/playlist?list=PLoQUCbPV2fnwy-kIQH68FHPPxfIEESHT8)



## Postgraduate programme (15 ECTS) for professionals

The project offers 50 seats on a 15-ECTS postgraduate programme, scheduled for June 2026, aimed at healthcare professionals interested in deepening their knowledge of self-management implementation in musculoskeletal pain care.

The programme addresses key topics such as patient education, behaviour change, the integration of digital health tools, and the practical application of self-management strategies in different clinical settings.

## Scientific Research within the Project

Alongside the development of educational and training resources, Digi4MSK also conducts several scientific studies related to self-management and the use of digital tools in the management of musculoskeletal pain.

The results of these studies are progressively published in international scientific journals, contributing to the growing body of evidence on effective strategies to improve self-management and support evidence-based clinical decision-making.



# Digi4 MSK

[digi4msk.eu](https://digi4msk.eu)



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