



**PROJECT DOSSIER - PATIENTS**  
**Changing lives  
with knowledge  
and innovation**



**Co-funded by  
the European Union**

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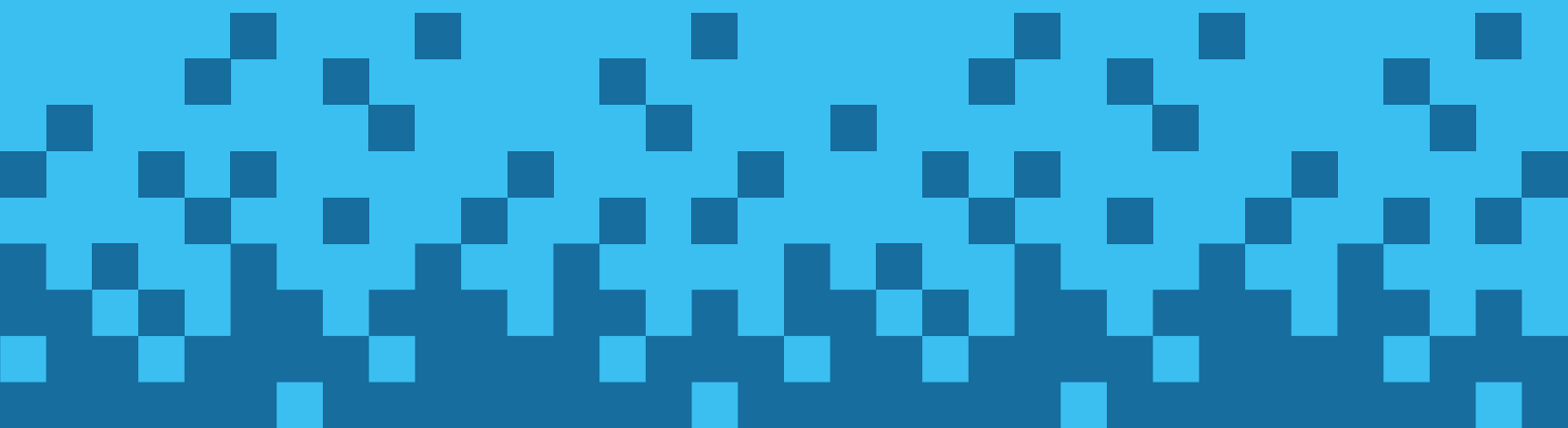
# Digi4MSK Project Overview and Resources for Patients

Digi4MSK is a European project that aims to support people living with musculoskeletal pain (for example, pain in the neck, back, hip, etc.). The project's goal is to ensure that anyone can access reliable online information, helping them develop skills to better take care of themselves, use healthcare resources appropriately, and make informed decisions about their health.

To achieve this, Digi4MSK is developing free and easy-to-use resources designed to improve knowledge and skills related to musculoskeletal pain, enabling people living with pain to become more independent in managing their condition.

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

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



# Open resources for patients and the general population

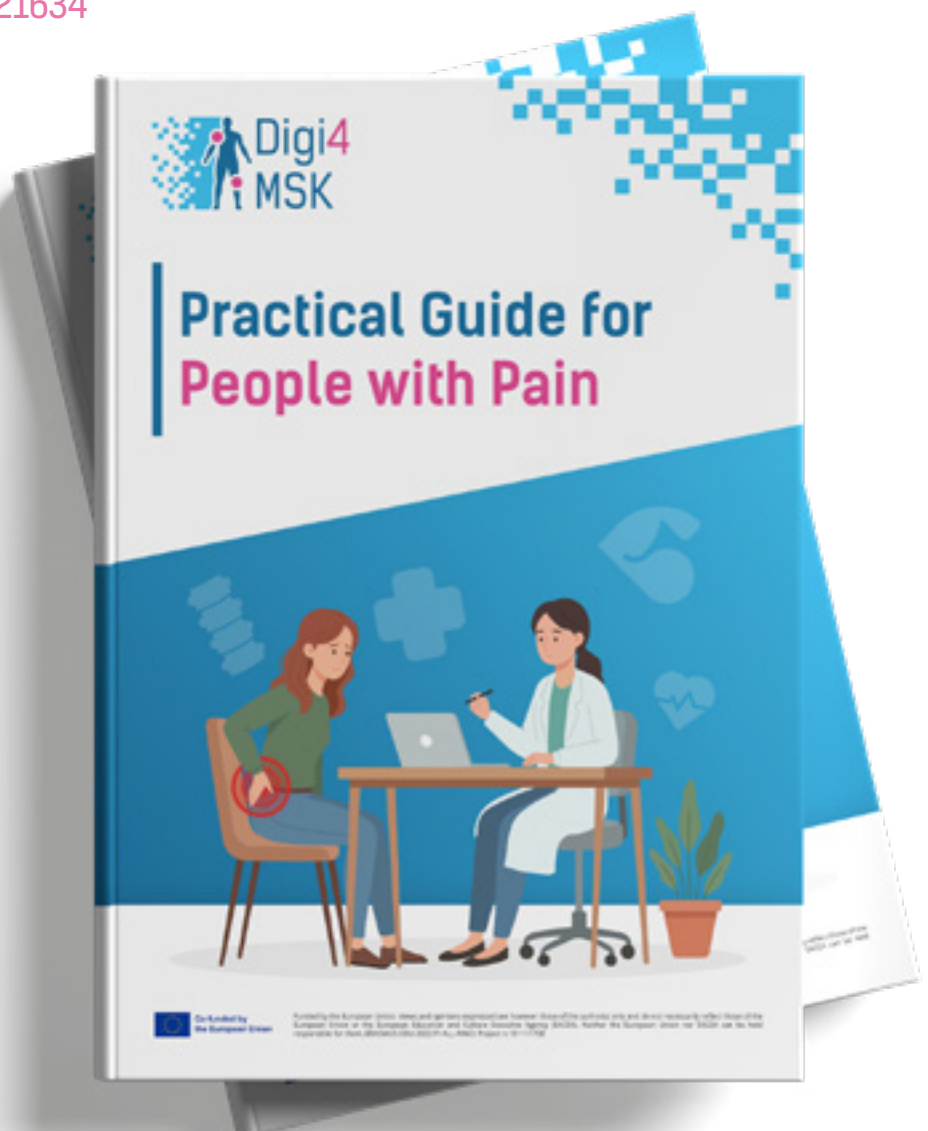
## Best practice guidebook for patients

This resource provides clear and accessible information about musculoskeletal pain, helping individuals better understand their condition and how to manage it in daily life.

It includes practical recommendations and useful strategies to improve self-management, enhance understanding of pain, cope with common challenges, and effectively use available healthcare resources.

### Book for patients:

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



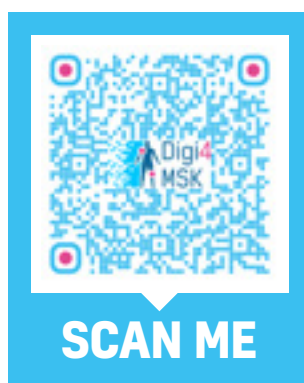
# Online courses for patients and people with pain

The project offers open online courses aimed at people with musculoskeletal pain, designed to develop patients' knowledge and skills.

These courses provide understandable information about pain and offer practical tools to improve self-management, promote healthy habits, and increase confidence in making decisions related to musculoskeletal 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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## Workshops for patients

Digi4MSK organises in-person workshops in different European countries for people living with musculoskeletal pain.

These workshops have a practical focus and help patients develop strategies to manage common situations, such as exposure to low-quality online information, uncertainty about diagnoses, and the appropriate use of healthcare resources. This training in real-life situations helps improve patients' self-management skills.



# Report on online behaviour in musculoskeletal health

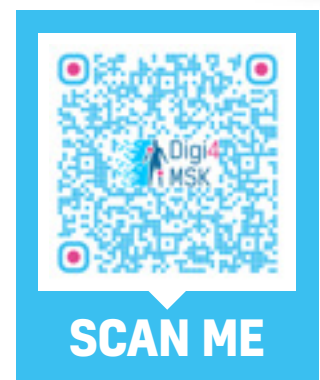
This report analyses how people search for musculoskeletal pain information on the internet and the difficulties they may encounter when trying to access reliable content.

This knowledge helps identify what type of information is most useful and how to access higher-quality resources.



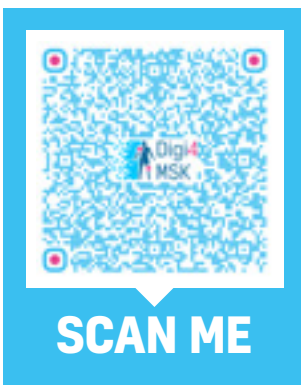
**Full report in English:**  
[digi4msk.eu/wp-content/uploads/  
2024/12/DIGI4MSK-D2.1-1.0.pdf](https://digi4msk.eu/wp-content/uploads/2024/12/DIGI4MSK-D2.1-1.0.pdf)

**Summary:**  
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# Synthesis on the effectiveness of digital self-management tools for musculoskeletal pain

This document summarises the current scientific evidence on the effectiveness of self-management strategies for musculoskeletal pain.



## 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)



## Scientific research within the project

The project also conducts scientific studies to improve knowledge on how to better support people with musculoskeletal pain in managing their condition.

The results of these studies are published in scientific journals and contribute to improving the resources and strategies available for patients.

