

# BUPA – Perceptions of MSK

## METHODOLOGY NOTE

ComRes interviewed 2,010 British adults online between the 22<sup>nd</sup> and 26<sup>th</sup> May 2015. Data were weighted to be nationally representative of all British adults aged 18+. ComRes is a member of the British Polling Council and abides by its rules. All press releases or other publications must be checked with ComRes before use. ComRes requires 48 hours to check a press release unless otherwise agreed.

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## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 1

**Q1. Which of the following best describes your working status or job type?**

**Base: All respondents**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Pri- vate
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Desk-based job	487 24%	226 23%	260 25%	62 26%	135 40%	104 31%	103 29%	72 24%	12 3%	182 34%	231 42%	58 13%	15 3%	141 51%	343 40%
Manual job	307 15%	168 17%	138 14%	28 12%	75 22%	74 22%	91 25%	37 12%	3 1%	42 8%	44 8%	116 26%	105 22%	41 15%	262 31%
Mixture of manual and desk-based job	207 10%	117 12%	90 9%	23 9%	47 14%	53 16%	57 16%	23 8%	5 1%	62 11%	52 9%	66 15%	27 6%	55 20%	150 18%
On the road	53 3%	43 4%	9 1%	- -	8 2%	20 6%	15 4%	8 3%	1 *	6 1%	8 1%	19 4%	20 4%	10 4%	42 5%
Unemployed	156 8%	60 6%	96 9%	15 6%	35 10%	43 13%	40 11%	22 7%	1 *	12 2%	21 4%	23 5%	101 21%	- -	2 *
Student	109 5%	37 4%	71 7%	101 42%	5 1%	2 1%	1 *	- -	- -	22 4%	50 9%	20 5%	17 4%	5 2%	7 1%
Retired	528 26%	282 29%	246 24%	1 *	- -	2 *	7 2%	105 35%	414 95%	178 33%	120 22%	92 21%	138 29%	- -	2 *
Other (please specify)	164 8%	51 5%	113 11%	11 5%	34 10%	40 12%	45 12%	32 11%	2 *	33 6%	31 6%	44 10%	55 12%	25 9%	41 5%
NET: Employed	1053 52%	555 56%	499 49%	112 47%	264 78%	251 74%	266 74%	140 47%	20 5%	292 54%	336 60%	259 59%	167 35%	247 89%	797 94%
NET: Unemployed	684 34%	342 35%	342 33%	15 6%	35 10%	45 13%	47 13%	126 42%	416 95%	190 35%	141 25%	115 26%	238 50%	- -	4 *

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 1

**Q1. Which of the following best describes your working status or job type?**

**Base: All respondents**

	Region											Experience of MSK		Employment											
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Desk-based job	487	420	46	18	63	42	30	24	20	35	93	65	49	233	252	487	-	-	-	-	-	-	-	487	-
	24%	24%	25%	23%	29%	23%	16%	17%	20%	18%	36%	23%	27%	20%	31%	100%	-	-	-	-	-	-	-	46%	-
Manual job	307	270	17	13	33	42	36	19	20	31	23	41	31	179	123	-	307	-	-	-	-	-	-	307	-
	15%	16%	9%	16%	15%	23%	20%	14%	20%	16%	9%	15%	17%	15%	15%	-	100%	-	-	-	-	-	-	29%	-
Mixture of manual and desk-based job	207	183	17	9	18	20	22	19	6	22	38	21	15	121	85	-	-	207	-	-	-	-	-	207	-
	10%	11%	10%	11%	8%	11%	12%	14%	6%	11%	15%	7%	8%	10%	10%	-	-	100%	-	-	-	-	-	20%	-
On the road	53	42	8	*	2	6	3	5	3	7	-	11	7	31	19	-	-	-	53	-	-	-	-	53	-
	3%	2%	4%	*	1%	3%	2%	3%	3%	3%	-	4%	4%	3%	2%	-	-	-	100%	-	-	-	-	5%	-
Unemployed	156	127	17	5	24	11	13	8	11	12	25	16	13	90	63	-	-	-	-	156	-	-	-	-	156
	8%	7%	10%	6%	11%	6%	7%	6%	11%	6%	10%	6%	7%	8%	8%	-	-	-	-	100%	-	-	-	-	23%
Student	109	90	13	5	7	6	13	5	6	8	27	12	7	48	59	-	-	-	-	-	109	-	-	-	-
	5%	5%	7%	7%	3%	3%	7%	4%	6%	4%	10%	4%	4%	4%	7%	-	-	-	-	-	100%	-	-	-	-
Retired	528	453	50	23	61	36	56	47	24	59	42	84	46	357	165	-	-	-	-	-	-	528	-	-	528
	26%	26%	28%	28%	28%	20%	31%	33%	24%	29%	16%	30%	25%	31%	20%	-	-	-	-	-	-	100%	-	-	77%
Other (please specify)	164	143	12	8	12	18	7	13	8	26	13	32	14	106	57	-	-	-	-	-	-	-	164	-	-
	8%	8%	7%	10%	6%	10%	4%	9%	8%	13%	5%	11%	8%	9%	7%	-	-	-	-	-	-	-	100%	-	-
NET: Employed	1053	915	88	40	116	110	91	68	50	96	154	138	102	564	480	487	307	207	53	-	-	-	-	1053	-
	52%	53%	49%	50%	53%	61%	50%	48%	50%	48%	59%	49%	56%	48%	58%	100%	100%	100%	100%	-	-	-	-	100%	-
NET: Unemployed	684	580	68	27	85	48	69	54	36	71	67	100	59	447	229	-	-	-	-	156	-	528	-	-	684
	34%	34%	37%	34%	39%	26%	38%	39%	36%	36%	26%	35%	32%	38%	28%	-	-	-	-	100%	-	100%	-	-	100%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 2

**Q2. Have you ever suffered from musculoskeletal pain (such as muscle, bone or joint pain) before?**

**Base: All respondents**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Yes	1165	555	610	102	152	186	221	213	291	305	320	241	300	172	429
	58%	56%	59%	43%	45%	55%	62%	71%	67%	57%	57%	55%	63%	62%	51%
Yes, and I spoke to a GP about it	835	404	431	53	100	129	158	163	232	215	223	175	223	129	266
	42%	41%	42%	22%	30%	38%	44%	55%	53%	40%	40%	40%	47%	47%	31%
Yes, and I didn't speak to a GP about it but I spoke to another professional (e.g. a physiotherapist, a nurse, a massage therapist or a chiropractor)	100	56	44	7	20	15	21	14	23	35	32	20	14	16	47
	5%	6%	4%	3%	6%	4%	6%	5%	5%	6%	6%	5%	3%	6%	6%
Yes, but I didn't speak to a GP or other professional about it	229	94	135	41	31	42	42	36	36	55	66	46	63	27	116
	11%	10%	13%	17%	9%	13%	12%	12%	8%	10%	12%	10%	13%	10%	14%
No	824	415	409	134	180	152	133	84	142	230	234	189	171	104	412
	41%	42%	40%	56%	53%	45%	37%	28%	32%	43%	42%	43%	36%	37%	49%
Don't know	21	15	6	3	7	1	4	1	5	2	3	9	7	1	8
	1%	1%	1%	1%	2%	*	1%	*	1%	*	1%	2%	1%	*	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 2

**Q2. Have you ever suffered from musculoskeletal pain (such as muscle, bone or joint pain) before?**

**Base: All respondents**

	Region													Experience of MSK		Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of England	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
NET: Yes	1165	1007	99	58	129	113	107	90	59	128	113	169	100	1165	-	233	179	121	31	90	48	357	106	564	447
	58%	58%	55%	72%	58%	62%	59%	64%	59%	64%	43%	60%	55%	100%	-	48%	58%	59%	58%	58%	44%	68%	65%	54%	65%
Yes, and I spoke to a GP about it	835	723	73	44	97	75	77	62	39	98	75	119	76	835	-	159	118	81	18	68	26	283	82	376	351
	42%	42%	40%	55%	44%	41%	43%	44%	39%	49%	29%	42%	42%	72%	-	33%	38%	39%	34%	44%	24%	54%	50%	36%	51%
Yes, and I didn't speak to a GP about it but I spoke to another professional (e.g. a physiotherapist, a nurse, a massage therapist or a chiropractor)	100	88	9	3	6	11	13	7	3	8	10	21	9	100	-	23	14	12	7	3	6	27	9	56	30
	5%	5%	5%	4%	3%	6%	7%	5%	3%	4%	4%	8%	5%	9%	-	5%	5%	6%	13%	2%	6%	5%	5%	5%	4%
Yes, but I didn't speak to a GP or other professional about it	229	196	17	11	26	28	17	21	16	21	28	29	15	229	-	52	47	28	6	19	16	47	15	132	66
	11%	11%	9%	14%	12%	15%	9%	15%	16%	11%	11%	10%	8%	20%	-	11%	15%	13%	11%	12%	15%	9%	9%	13%	10%
No	824	703	82	22	92	67	73	50	40	67	144	109	80	-	824	252	123	85	19	63	59	165	57	480	229
	41%	41%	45%	27%	41%	37%	40%	35%	40%	33%	55%	39%	44%	-	100%	52%	40%	41%	37%	41%	54%	31%	35%	46%	33%
Don't know	21	19	*	*	*	1	1	1	2	6	4	3	1	-	-	2	5	1	3	3	2	5	1	10	8
	1%	1%	*	1%	*	1%	1%	1%	2%	3%	2%	1%	1%	-	-	*	2%	*	5%	2%	2%	1%	1%	1%	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 3

**Q3. If in the future you were suffering from muscle, bone or joint pain, how likely or unlikely would you be to speak to a GP about it?**

**Base: All respondents**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Likely	1517	750	767	163	242	239	277	236	360	424	398	327	367	226	578
	75%	76%	75%	68%	72%	71%	77%	79%	82%	79%	71%	75%	77%	82%	68%
Very likely	(4)	911	456	455	69	122	132	156	168	264	238	221	201	251	317
	45%	46%	44%	29%	36%	39%	44%	56%	60%	44%	40%	46%	53%	46%	37%
Fairly likely	(3)	606	294	312	94	120	107	121	68	96	187	177	126	116	261
	30%	30%	30%	39%	35%	32%	34%	23%	22%	35%	32%	29%	24%	36%	31%
Fairly unlikely	(2)	316	155	161	48	49	59	63	42	55	74	102	70	33	166
	16%	16%	16%	20%	15%	17%	18%	14%	13%	14%	18%	16%	15%	12%	20%
Very unlikely	(1)	76	30	47	13	18	9	10	7	19	20	21	17	4	44
	4%	3%	5%	6%	5%	3%	3%	2%	4%	4%	4%	4%	4%	2%	5%
NET: Unlikely	392	185	208	61	68	68	73	49	74	94	123	87	89	37	210
	20%	19%	20%	26%	20%	20%	20%	16%	17%	17%	22%	20%	19%	14%	25%
Don't know	101	50	50	15	29	31	8	14	4	19	36	24	21	13	61
	5%	5%	5%	6%	9%	9%	2%	5%	1%	4%	7%	5%	4%	5%	7%
Mean	3.23	3.26	3.21	2.97	3.12	3.18	3.21	3.40	3.40	3.24	3.15	3.23	3.31	3.32	3.08
Standard deviation	0.87	0.85	0.88	0.87	0.88	0.84	0.83	0.82	0.87	0.84	0.87	0.87	0.88	0.75	0.91
Standard error	0.02	0.03	0.03	0.06	0.05	0.05	0.04	0.05	0.04	0.04	0.04	0.05	0.04	0.05	0.03

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 3

**Q3. If in the future you were suffering from muscle, bone or joint pain, how likely or unlikely would you be to speak to a GP about it?**

**Base: All respondents**

	Region											Experience of MSK		Employment												
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Man-ual job	Mix-ture of man-ual and desk-based job	On the road	Unem-ployed	Stud-ent	Re-tired	Other	NET: Em-ployed	NET: Unem-ployed	
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784	
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684	
NET: Likely	1517 75%	1309 76%	138 76%	63 78%	177 80%	129 71%	133 73%	106 75%	70 70%	156 77%	188 72%	213 76%	145 80%	886 76%	618 75%	349 72%	208 68%	155 75%	42 80%	118 75%	75 69%	434 82%	136 83%	755 72%	551 81%	
Very likely	(4) 45%	911 45%	786 48%	87 49%	39 48%	105 41%	75 50%	91 48%	67 38%	39 52%	104 40%	105 46%	129 39%	70 50%	587 39%	320 36%	175 42%	129 43%	89 47%	25 44%	68 31%	34 59%	312 48%	79 40%	418 56%	380
Fairly likely	(3) 30%	606 30%	523 30%	51 28%	24 29%	71 32%	54 30%	42 23%	39 27%	32 31%	52 26%	83 32%	84 30%	75 42%	299 26%	298 36%	175 36%	79 26%	66 32%	17 32%	49 32%	41 38%	122 23%	57 35%	337 32%	171 25%
Fairly unlikely	(2) 16%	316 16%	255 15%	35 19%	10 12%	26 12%	28 16%	31 17%	23 16%	26 26%	35 17%	43 16%	46 17%	14 8%	196 17%	119 14%	80 16%	55 18%	38 18%	10 19%	21 13%	21 20%	70 13%	20 13%	183 17%	91 13%
Very unlikely	(1) 4%	76 4%	72 4%	2 1%	4 5%	7 3%	9 5%	11 6%	4 3%	2 2%	6 3%	12 5%	12 4%	8 5%	57 5%	19 2%	23 5%	13 4%	8 4%	1 1%	6 4%	4 3%	18 3%	4 3%	45 4%	24 3%
NET: Unlikely	392 20%	328 19%	37 20%	14 17%	33 15%	38 21%	41 23%	27 19%	28 28%	41 20%	55 21%	58 21%	21 12%	253 22%	138 17%	103 21%	68 22%	46 22%	11 20%	27 17%	25 23%	88 17%	25 15%	228 22%	115 17%	
Don't know	101 5%	92 5%	6 4%	4 5%	12 5%	14 8%	7 4%	8 6%	2 2%	4 2%	18 7%	11 4%	14 8%	26 2%	68 8%	34 7%	30 10%	6 3%	- -	11 7%	9 8%	6 1%	3 2%	71 7%	18 3%	
Mean	3.23	3.24	3.27	3.29	3.31	3.17	3.22	3.28	3.09	3.29	3.15	3.22	3.25	3.24	3.22	3.11	3.17	3.17	3.26	3.24	3.05	3.40	3.31	3.15	3.36	
Standard deviation	0.87	0.87	0.82	0.88	0.82	0.90	0.95	0.85	0.86	0.87	0.89	0.88	0.79	0.91	0.80	0.87	0.91	0.88	0.81	0.85	0.84	0.84	0.80	0.88	0.85	
Standard error	0.02	0.02	0.07	0.10	0.05	0.07	0.07	0.07	0.09	0.07	0.06	0.05	0.06	0.03	0.03	0.04	0.06	0.07	0.13	0.06	0.08	0.04	0.06	0.03	0.03	

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 4

**Q4. Why would you be unlikely to speak to a GP if you were suffering from muscle, bone or joint pain?****Base: All respondents who would not speak to a GP if you were suffering from muscle, bone or joint pain**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	396	176	220	67	65	60	78	50	76	103	132	67	94	36	188
Weighted base	392	185	208	61	68	68	73	49	74	94	123	87	89	37	210
It takes too long to get a GP appointment	134 34%	68 37%	67 32%	26 42%	30 44%	28 41%	23 32%	15 30%	13 18%	36 39%	44 36%	29 33%	25 28%	13 35%	86 41%
I think I could manage the symptoms with painkillers	129 33%	50 27%	78 38%	16 27%	18 26%	16 24%	28 38%	22 45%	29 39%	27 29%	44 36%	23 27%	34 39%	19 51%	56 27%
I don't believe that my GP would take muscle/ bone/ joint pain seriously	123 31%	41 22%	81 39%	22 36%	33 48%	33 48%	15 20%	9 18%	12 16%	28 30%	35 29%	38 44%	21 24%	9 25%	80 38%
I don't believe that muscle, bone or joint pain is a serious medical problem	117 30%	61 33%	56 27%	27 45%	12 17%	14 21%	30 41%	11 23%	23 31%	29 31%	43 35%	21 24%	25 28%	10 27%	61 29%
I don't have time in my day to see a GP	43 11%	18 10%	25 12%	6 10%	11 17%	11 16%	12 17%	3 6%	- -	14 15%	7 6%	17 19%	6 6%	8 21%	34 16%
It would be more appropriate to see a specialist	39 10%	20 11%	19 9%	2 3%	9 14%	9 13%	1 2%	5 10%	13 17%	8 9%	18 14%	9 11%	4 4%	4 11%	18 8%
I'm not sure I would be able to take the time off work to go to the appointment	30 8%	15 8%	15 7%	7 11%	3 5%	8 11%	9 13%	3 6%	- -	9 10%	8 7%	9 10%	4 4%	4 10%	25 12%
I would be worried about needing surgery	18 5%	15 8%	4 2%	3 5%	2 3%	2 2%	4 6%	2 4%	6 8%	2 2%	5 4%	4 4%	8 8%	1 4%	10 5%
Other (please specify)	49 12%	24 13%	25 12%	5 8%	11 16%	8 12%	3 4%	7 14%	14 20%	13 14%	15 12%	7 8%	13 15%	3 7%	21 10%



## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 4

**Q4. Why would you be unlikely to speak to a GP if you were suffering from muscle, bone or joint pain?****Base: All respondents who would not speak to a GP if you were suffering from muscle, bone or joint pain**

	Region											Experience of MSK				Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of England	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	396	343	24	16	38	39	46	31	29	37	49	61	26	257	136	95	63	40	10	33	37	93	25	208	126
Weighted base	392	328	37	14	33	38	41	27	28	41	55	58	21	253	138	103	68	46	11	27	25	88	25	228	115
It takes too long to get a GP appointment	134 34%	117 36%	10 28%	7 52%	10 31%	9 23%	22 53%	5 18%	7 24%	13 33%	24 44%	19 33%	8 36%	87 34%	47 34%	40 39%	25 37%	27 58%	2 20%	10 36%	10 39%	15 17%	6 23%	94 41%	25 22%
I think I could manage the symptoms with painkillers	129 33%	106 32%	14 37%	6 45%	14 43%	13 35%	10 23%	9 34%	9 33%	11 26%	22 40%	14 23%	7 35%	93 37%	36 26%	27 26%	20 30%	15 33%	5 43%	9 33%	8 31%	36 41%	9 35%	67 30%	45 39%
I don't believe that my GP would take muscle/ bone/ joint pain seriously	123 31%	110 34%	4 11%	4 33%	6 17%	12 32%	17 40%	9 33%	8 30%	21 51%	16 29%	22 38%	4 18%	88 35%	33 24%	44 43%	20 29%	15 33%	3 33%	12 43%	7 29%	13 15%	8 32%	83 36%	24 21%
I don't believe that muscle, bone or joint pain is a serious medical problem	117 30%	92 28%	13 34%	3 24%	9 28%	12 33%	11 27%	9 35%	13 46%	9 21%	19 35%	15 25%	3 16%	67 26%	50 37%	30 29%	20 30%	11 24%	2 20%	7 25%	9 35%	29 33%	10 40%	63 28%	36 31%
I don't have time in my day to see a GP	43 11%	37 11%	4 10%	3 20%	6 19%	3 7%	2 5%	2 6%	3 11%	7 16%	5 9%	7 12%	3 12%	21 8%	22 16%	14 14%	15 22%	9 19%	2 18%	1 4%	1 4%	1 1%	1 3%	40 18%	2 1%
It would be more appropriate to see a specialist	39 10%	34 10%	3 8%	* 2%	- -	4 11%	5 12%	4 14%	3 9%	5 12%	2 4%	10 17%	4 18%	30 12%	9 7%	15 15%	5 7%	1 2%	- -	2 6%	2 6%	14 16%	1 3%	21 9%	15 13%
I'm not sure I would be able to take the time off work to go to the appointment	30 8%	28 8%	1 2%	1 7%	2 5%	- -	2 5%	2 7%	2 7%	5 13%	8 15%	6 10%	2 8%	21 8%	10 7%	11 11%	10 14%	7 15%	1 7%	1 2%	1 2%	- -	- -	29 13%	1 1%
I would be worried about needing surgery	18 5%	14 4%	2 6%	- -	2 5%	- -	3 8%	1 3%	2 6%	1 3%	3 5%	4 7%	1 4%	14 6%	5 3%	4 4%	7 10%	1 3%	- -	1 3%	- -	6 7%	- -	12 5%	7 6%
Other (please specify)	49 12%	49 15%	- -	2 12%	6 19%	3 7%	7 18%	3 10%	- -	6 15%	12 22%	7 11%	3 15%	41 16%	8 6%	16 15%	* 1%	5 10%	- -	5 19%	3 13%	16 18%	4 15%	21 9%	21 18%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 5

**Q5. If in the future you were suffering from muscle, bone or joint pain, how quickly, if at all, would you seek advice from a GP about it?**

**Base: All respondents**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Less than 1 week	315 16%	191 19%	124 12%	28 12%	56 17%	45 13%	50 14%	56 19%	80 18%	85 16%	79 14%	60 14%	91 19%	47 17%	123 14%
Between 1 week and 2 weeks	583 29%	306 31%	277 27%	80 34%	89 26%	103 30%	101 28%	82 28%	127 29%	145 27%	143 26%	132 30%	164 34%	76 28%	250 29%
More than 2 weeks and less than 1 month	403 20%	199 20%	204 20%	55 23%	72 21%	72 21%	74 21%	42 14%	88 20%	118 22%	125 22%	89 20%	71 15%	55 20%	162 19%
More than 1 month and less than 2 months	243 12%	96 10%	147 14%	24 10%	36 11%	39 12%	43 12%	49 16%	51 12%	72 13%	79 14%	51 12%	41 9%	32 12%	101 12%
More than 2 months and less than 3 months	84 4%	31 3%	53 5%	10 4%	9 3%	10 3%	17 5%	16 5%	22 5%	27 5%	21 4%	19 4%	18 4%	19 7%	22 3%
3 months or longer	141 7%	53 5%	88 9%	15 6%	21 6%	25 7%	34 9%	23 8%	23 5%	37 7%	31 5%	33 7%	40 8%	23 8%	67 8%
I wouldn't seek advice from a GP	111 6%	55 6%	57 6%	13 5%	22 6%	16 5%	18 5%	13 4%	30 7%	31 6%	34 6%	24 5%	23 5%	8 3%	52 6%
NET: Within 2 week	898 45%	497 50%	401 39%	109 46%	146 43%	147 43%	151 42%	138 46%	207 47%	230 43%	222 40%	192 44%	255 53%	123 45%	373 44%
NET: Within 1 month	1300 65%	695 71%	605 59%	164 69%	217 64%	220 65%	225 63%	180 60%	295 68%	348 65%	346 62%	281 64%	326 68%	178 64%	535 63%
NET: 1 month or longer	468 23%	179 18%	288 28%	50 21%	66 20%	74 22%	94 26%	88 29%	96 22%	136 25%	130 23%	102 23%	99 21%	75 27%	190 22%
NET: 2 months or longer	225 11%	84 9%	141 14%	25 11%	30 9%	34 10%	51 14%	39 13%	45 10%	64 12%	51 9%	51 12%	59 12%	42 15%	89 10%
Don't know	130 6%	56 6%	75 7%	12 5%	33 10%	29 9%	21 6%	19 6%	16 4%	23 4%	46 8%	31 7%	30 6%	16 6%	72 9%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 5

**Q5. If in the future you were suffering from muscle, bone or joint pain, how quickly, if at all, would you seek advice from a GP about it?**

**Base: All respondents**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of England	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Less than 1 week	315 16%	265 15%	34 19%	12 15%	33 15%	31 17%	30 17%	24 17%	15 15%	28 14%	38 15%	47 17%	22 12%	177 15%	134 16%	83 17%	38 12%	29 14%	7 13%	25 16%	14 13%	93 18%	25 16%	157 15%	118 17%
Between 1 week and 2 weeks	583 29%	504 29%	56 31%	23 29%	64 29%	44 24%	61 34%	38 27%	23 23%	49 25%	79 30%	79 28%	66 37%	340 29%	239 29%	128 26%	100 33%	59 29%	22 42%	47 30%	34 31%	147 28%	46 28%	308 29%	194 28%
More than 2 weeks and less than 1 month	403 20%	344 20%	38 21%	13 17%	46 21%	33 18%	30 17%	29 21%	21 21%	48 24%	55 21%	51 18%	38 21%	226 19%	173 21%	89 18%	50 16%	46 22%	11 21%	29 19%	31 28%	107 20%	39 24%	196 19%	136 20%
More than 1 month and less than 2 months	243 12%	214 12%	18 10%	14 17%	39 18%	29 16%	26 14%	12 8%	12 12%	19 9%	25 9%	31 11%	20 11%	155 13%	88 11%	64 13%	37 12%	24 12%	5 9%	16 10%	13 12%	68 13%	16 10%	130 12%	84 12%
More than 2 months and less than 3 months	84 4%	74 4%	7 4%	7 9%	6 3%	8 5%	7 4%	4 3%	3 3%	9 4%	10 4%	17 6%	7 4%	45 4%	40 5%	27 5%	10 3%	5 2%	1 4%	6 4%	2 2%	27 5%	8 5%	42 4%	33 5%
3 months or longer	141 7%	110 6%	15 8%	6 7%	10 5%	9 5%	9 5%	11 7%	15 15%	24 12%	13 5%	19 7%	9 5%	99 8%	41 5%	26 5%	26 9%	24 11%	2 3%	8 5%	5 4%	31 6%	19 12%	78 7%	39 6%
I wouldn't seek advice from a GP	111 6%	101 6%	5 3%	5 6%	13 6%	8 5%	12 7%	10 7%	5 5%	8 4%	16 6%	21 7%	8 4%	77 7%	34 4%	32 7%	18 6%	6 3%	2 4%	11 7%	5 4%	33 6%	4 2%	58 6%	45 7%
NET: Within 2 week	898 45%	769 44%	90 50%	35 44%	97 44%	75 41%	91 50%	62 44%	39 39%	77 38%	117 45%	126 45%	88 49%	516 44%	373 45%	211 43%	138 45%	88 43%	29 54%	73 47%	48 44%	240 45%	72 44%	466 44%	313 46%
NET: Within 1 month	1300 65%	1113 64%	128 71%	49 61%	143 65%	108 60%	121 67%	91 65%	59 59%	125 62%	173 66%	178 63%	126 70%	742 64%	546 66%	300 62%	188 61%	135 65%	40 75%	101 65%	78 72%	347 66%	111 68%	662 63%	449 66%
NET: 1 month or longer	468 23%	398 23%	40 22%	27 33%	55 25%	46 26%	42 23%	26 18%	30 30%	52 26%	47 18%	67 24%	36 20%	298 26%	168 20%	117 24%	73 24%	52 25%	7 14%	30 19%	20 18%	126 24%	42 26%	250 24%	156 23%
NET: 2 months or longer	225 11%	184 11%	22 12%	13 16%	16 7%	18 10%	16 9%	14 10%	19 19%	33 16%	23 9%	36 13%	16 9%	143 12%	80 10%	53 11%	36 12%	28 14%	3 5%	14 9%	7 6%	58 11%	26 16%	120 11%	72 10%
Don't know	130 6%	117 7%	8 4%	- -	10 5%	19 10%	6 3%	13 9%	6 6%	15 8%	26 10%	16 6%	11 6%	48 4%	77 9%	38 8%	27 9%	14 7%	4 7%	13 9%	6 5%	21 4%	6 4%	83 8%	35 5%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 6

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Summary table**

	<u>First</u>	<u>Second</u>	<u>Third</u>	<u>Top 3</u>
Unweighted base	2010	2010	2010	2010
Weighted base	2010	2010	2010	2010
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	139 7%	392 19%	329 16%	860 43%
Chiropractor	51 3%	144 7%	156 8%	351 17%
GP	1210 60%	391 19%	158 8%	1760 88%
Nurse	41 2%	266 13%	176 9%	483 24%
Yoga or pilates instructor	25 1%	40 2%	47 2%	112 6%
Massage therapist	59 3%	127 6%	197 10%	382 19%
Acupuncturist	25 1%	53 3%	83 4%	161 8%
Pharmacist	106 5%	297 15%	296 15%	699 35%
Online source(s)	301 15%	139 7%	170 8%	610 30%
None of the above	31 2%	96 5%	182 9%	31 2%
Don't know	22 1%	66 3%	216 11%	22 1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 7

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**First**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
GP	1210	614	596	86	162	201	233	210	319	299	325	261	325	156	465
	60%	62%	58%	36%	48%	59%	65%	70%	73%	56%	58%	60%	68%	56%	55%
Online source(s)	301	136	165	61	76	64	58	23	19	77	93	66	66	41	148
	15%	14%	16%	25%	23%	19%	16%	8%	4%	14%	17%	15%	14%	15%	17%
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	139	62	77	23	21	16	20	24	35	52	46	19	21	19	61
	7%	6%	8%	10%	6%	5%	6%	8%	8%	10%	8%	4%	4%	7%	7%
Pharmacist	106	46	60	18	20	13	16	18	22	30	25	29	22	18	44
	5%	5%	6%	8%	6%	4%	4%	6%	5%	6%	4%	7%	5%	7%	5%
Massage therapist	59	28	31	16	14	4	7	7	10	17	16	16	10	10	35
	3%	3%	3%	7%	4%	1%	2%	2%	2%	3%	3%	4%	2%	4%	4%
Chiropractor	51	24	26	6	9	16	1	6	13	16	20	7	7	12	19
	3%	2%	3%	2%	3%	5%	*	2%	3%	3%	4%	2%	2%	4%	2%
Nurse	41	20	21	12	12	4	5	3	5	15	13	10	4	3	28
	2%	2%	2%	5%	4%	1%	2%	1%	1%	3%	2%	2%	1%	1%	3%
Acupuncturist	25	15	11	8	4	6	1	2	5	13	2	7	3	9	10
	1%	1%	1%	3%	1%	2%	*	1%	1%	2%	*	2%	1%	3%	1%
Yoga or pilates instructor	25	14	11	3	10	6	3	-	2	8	7	4	6	4	16
	1%	1%	1%	1%	3%	2%	1%	-	*	2%	1%	1%	1%	1%	2%
None of the above	31	17	14	4	4	3	10	5	6	7	6	7	11	2	15
	2%	2%	1%	2%	1%	1%	3%	2%	1%	1%	1%	2%	2%	1%	2%
Don't know	22	8	14	3	5	6	4	1	3	3	5	11	3	3	9
	1%	1%	1%	1%	1%	2%	1%	*	1%	1%	1%	2%	1%	1%	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 7

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**First**

	Region											Experience of MSK		Employment											
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
GP	1210	1034	114	49	134	113	114	95	63	120	144	161	103	710	485	250	193	111	36	91	47	383	100	590	474
	60%	60%	63%	60%	61%	62%	63%	68%	63%	60%	55%	57%	57%	61%	59%	51%	63%	54%	68%	58%	43%	72%	61%	56%	69%
Online source(s)	301	258	26	10	30	22	22	19	17	44	43	38	28	154	144	88	42	44	3	32	35	29	28	177	61
	15%	15%	14%	13%	14%	12%	12%	14%	17%	22%	17%	13%	16%	13%	17%	18%	14%	21%	5%	20%	32%	6%	17%	17%	9%
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	139	124	11	7	14	11	17	6	5	14	16	25	14	105	33	47	10	12	2	9	7	42	11	71	51
	7%	7%	6%	9%	6%	6%	9%	4%	5%	7%	6%	9%	8%	9%	4%	10%	3%	6%	3%	6%	6%	8%	7%	7%	7%
Pharmacist	106	90	10	5	16	18	6	6	6	9	11	11	6	51	55	29	14	13	2	8	6	26	8	59	34
	5%	5%	6%	6%	7%	10%	4%	4%	6%	5%	4%	4%	3%	4%	7%	6%	5%	6%	4%	5%	5%	5%	5%	6%	5%
Massage therapist	59	46	11	4	7	4	1	2	2	-	14	8	7	36	23	19	11	5	3	1	3	10	7	38	11
	3%	3%	6%	5%	3%	2%	1%	2%	2%	-	5%	3%	4%	3%	3%	4%	4%	2%	6%	1%	2%	2%	4%	4%	2%
Chiropractor	51	43	6	1	4	5	7	*	2	6	4	11	4	39	10	14	10	5	2	-	2	16	3	30	16
	3%	2%	4%	1%	2%	3%	4%	*	2%	3%	2%	4%	2%	3%	1%	3%	3%	2%	3%	-	1%	3%	2%	3%	2%
Nurse	41	38	-	1	3	4	3	4	3	3	7	5	10	22	20	12	6	8	3	1	3	6	3	28	7
	2%	2%	-	1%	1%	2%	2%	3%	3%	1%	3%	2%	5%	2%	2%	2%	2%	4%	5%	1%	3%	1%	2%	3%	1%
Acupuncturist	25	25	-	1	4	*	3	3	-	-	10	4	-	15	10	8	7	-	-	1	5	5	-	14	6
	1%	1%	-	1%	2%	*	2%	2%	-	-	4%	1%	-	1%	1%	2%	2%	-	-	*	4%	1%	-	1%	1%
Yoga or pilates instructor	25	22	2	1	3	2	2	2	-	2	5	3	2	11	14	9	7	4	-	1	1	1	2	20	2
	1%	1%	1%	1%	1%	1%	1%	2%	-	1%	2%	1%	1%	1%	2%	2%	2%	2%	-	*	1%	*	1%	2%	*
None of the above	31	29	-	2	3	2	2	1	3	1	2	11	5	17	13	7	3	3	3	7	*	7	1	15	14
	2%	2%	-	2%	2%	1%	1%	1%	2%	1%	1%	4%	3%	1%	2%	1%	1%	1%	5%	4%	*	1%	1%	1%	2%
Don't know	22	21	1	-	2	1	4	1	*	1	5	5	1	4	18	4	4	2	1	6	1	3	2	11	9
	1%	1%	1%	-	1%	1%	2%	1%	*	1%	2%	2%	*	*	2%	1%	1%	1%	1%	4%	1%	*	1%	1%	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 8

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Second**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	392 19%	206 21%	186 18%	31 13%	65 19%	56 16%	65 18%	61 21%	114 26%	91 17%	129 23%	73 17%	99 21%	45 16%	150 18%
GP	391 19%	184 19%	207 20%	86 36%	78 23%	61 18%	69 19%	36 12%	61 14%	110 20%	111 20%	85 19%	86 18%	55 20%	173 20%
Pharmacist	297 15%	145 15%	152 15%	19 8%	45 13%	61 18%	64 18%	53 18%	54 12%	76 14%	80 14%	61 14%	79 17%	50 18%	134 16%
Nurse	266 13%	139 14%	128 12%	20 8%	35 10%	40 12%	49 14%	49 16%	73 17%	54 10%	64 11%	76 17%	73 15%	26 9%	92 11%
Chiropractor	144 7%	63 6%	81 8%	23 10%	22 6%	18 5%	26 7%	22 7%	34 8%	52 10%	38 7%	32 7%	22 5%	25 9%	59 7%
Online source(s)	139 7%	65 7%	74 7%	14 6%	19 6%	30 9%	22 6%	21 7%	32 7%	39 7%	40 7%	20 5%	40 8%	19 7%	56 7%
Massage therapist	127 6%	57 6%	70 7%	19 8%	32 10%	23 7%	16 5%	15 5%	21 5%	38 7%	34 6%	33 7%	22 5%	21 8%	67 8%
Acupuncturist	53 3%	24 2%	29 3%	9 4%	17 5%	7 2%	5 1%	4 1%	10 2%	17 3%	14 3%	15 3%	6 1%	7 3%	27 3%
Yoga or pilates instructor	40 2%	18 2%	22 2%	4 2%	8 2%	12 3%	6 2%	6 2%	5 1%	10 2%	12 2%	9 2%	9 2%	10 4%	16 2%
None of the above	96 5%	53 5%	42 4%	6 2%	10 3%	15 4%	27 8%	20 7%	18 4%	28 5%	22 4%	18 4%	27 6%	11 4%	48 6%
Don't know	66 3%	32 3%	34 3%	7 3%	8 2%	15 5%	9 3%	11 4%	16 4%	21 4%	14 2%	16 4%	14 3%	7 2%	27 3%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 8

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Second**

	Region											Experience of MSK		Employment											
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	392 19%	344 20%	28 16%	18 23%	43 20%	30 17%	40 22%	24 17%	20 20%	54 27%	50 19%	51 18%	34 19%	276 24%	114 14%	87 18%	42 14%	45 21%	15 29%	27 17%	17 15%	133 25%	27 16%	188 18%	160 23%
GP	391 19%	339 20%	35 19%	10 12%	53 24%	35 19%	30 16%	24 17%	17 17%	42 21%	58 22%	52 18%	36 20%	206 18%	182 22%	108 22%	42 14%	55 27%	6 11%	35 22%	36 33%	75 14%	35 21%	210 20%	110 16%
Pharmacist	297 15%	247 14%	27 15%	11 14%	24 11%	22 12%	25 14%	24 17%	23 23%	25 12%	48 18%	38 14%	30 17%	162 14%	132 16%	67 14%	67 22%	31 15%	7 13%	19 12%	8 7%	70 13%	28 17%	171 16%	90 13%
Nurse	266 13%	230 13%	23 13%	15 18%	24 11%	23 13%	22 12%	19 13%	13 13%	40 20%	28 11%	34 12%	25 14%	144 12%	114 14%	52 11%	36 12%	19 9%	8 16%	26 17%	8 8%	90 17%	27 17%	115 11%	116 17%
Chiropractor	144 7%	117 7%	21 11%	7 9%	10 4%	13 7%	12 6%	11 8%	6 6%	10 5%	13 5%	25 9%	16 9%	79 7%	65 8%	42 9%	22 7%	14 7%	1 1%	9 6%	13 12%	40 7%	4 3%	79 7%	48 7%
Online source(s)	139 7%	120 7%	9 5%	3 4%	17 8%	7 4%	14 8%	20 14%	10 10%	7 3%	22 9%	24 9%	6 4%	82 7%	55 7%	26 5%	23 7%	12 6%	5 9%	12 8%	7 6%	39 7%	15 9%	66 6%	51 7%
Massage therapist	127 6%	112 6%	12 7%	4 5%	19 9%	15 8%	15 8%	6 4%	3 3%	11 5%	12 5%	21 7%	9 5%	78 7%	48 6%	40 8%	30 10%	9 4%	3 5%	2 2%	9 8%	23 4%	10 6%	82 8%	26 4%
Acupuncturist	53 3%	44 3%	9 5%	1 1%	7 3%	10 6%	1 1%	1 *	- -	4 2%	5 2%	8 3%	6 3%	32 3%	21 3%	13 3%	12 4%	2 1%	- -	4 3%	6 5%	13 2%	3 2%	27 3%	17 2%
Yoga or pilates instructor	40 2%	38 2%	- -	4 4%	4 2%	11 6%	4 2%	2 1%	2 2%	1 *	9 4%	3 1%	* *	28 2%	12 1%	12 3%	10 3%	3 1%	- -	3 2%	1 1%	5 1%	5 3%	26 2%	8 1%
None of the above	96 5%	80 5%	12 7%	6 8%	10 4%	8 5%	10 5%	6 4%	4 4%	3 1%	5 2%	17 6%	14 8%	50 4%	45 5%	25 5%	14 4%	13 6%	7 13%	9 6%	- -	22 4%	6 4%	59 6%	31 5%
Don't know	66 3%	59 3%	5 3%	1 2%	11 5%	5 3%	8 4%	6 4%	2 2%	6 3%	9 4%	8 3%	4 2%	28 2%	37 4%	14 3%	10 3%	5 2%	2 5%	9 6%	4 3%	19 4%	3 2%	31 3%	28 4%



## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 9

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Third**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	329 16%	161 16%	168 16%	49 20%	66 20%	48 14%	61 17%	41 14%	63 14%	87 16%	83 15%	92 21%	67 14%	54 20%	130 15%
Pharmacist	296 15%	156 16%	140 14%	22 9%	35 10%	48 14%	53 15%	46 16%	93 21%	74 14%	70 13%	66 15%	86 18%	24 9%	105 12%
Massage therapist	197 10%	84 9%	112 11%	33 14%	33 10%	41 12%	33 9%	21 7%	36 8%	48 9%	67 12%	42 10%	39 8%	34 12%	88 10%
Nurse	176 9%	103 10%	72 7%	23 10%	28 8%	21 6%	37 10%	27 9%	40 9%	56 10%	38 7%	29 7%	53 11%	16 6%	82 10%
Online source(s)	170 8%	88 9%	82 8%	12 5%	35 10%	37 11%	34 10%	19 6%	33 8%	48 9%	49 9%	39 9%	34 7%	26 9%	78 9%
GP	158 8%	59 6%	99 10%	23 10%	38 11%	30 9%	22 6%	21 7%	23 5%	41 8%	45 8%	42 10%	30 6%	27 10%	76 9%
Chiropractor	156 8%	75 8%	81 8%	26 11%	29 8%	20 6%	29 8%	16 5%	36 8%	40 7%	53 9%	25 6%	38 8%	17 6%	72 8%
Acupuncturist	83 4%	41 4%	42 4%	12 5%	13 4%	17 5%	9 2%	18 6%	14 3%	24 4%	25 4%	14 3%	20 4%	12 4%	44 5%
Yoga or pilates instructor	47 2%	16 2%	31 3%	6 3%	8 2%	11 3%	5 1%	12 4%	5 1%	16 3%	15 3%	7 2%	10 2%	11 4%	18 2%
None of the above	182 9%	97 10%	85 8%	17 7%	22 6%	29 9%	40 11%	38 13%	36 8%	46 9%	42 8%	42 10%	51 11%	24 9%	81 10%
Don't know	216 11%	105 11%	112 11%	16 7%	32 9%	37 11%	35 10%	39 13%	58 13%	57 11%	71 13%	39 9%	50 10%	33 12%	75 9%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 9

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Third**

	Region											Experience of MSK		Employment											
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of England	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	329 16%	292 17%	18 10%	12 14%	42 19%	36 20%	33 18%	20 14%	18 18%	25 12%	47 18%	41 15%	38 21%	191 16%	131 16%	74 15%	50 16%	40 19%	4 7%	24 15%	23 22%	78 15%	36 22%	168 16%	102 15%
Pharmacist	296 15%	253 15%	24 13%	14 18%	36 16%	24 13%	18 10%	23 16%	19 19%	40 20%	24 9%	48 17%	25 14%	163 14%	129 16%	53 11%	39 13%	19 9%	10 18%	27 18%	10 9%	109 21%	30 18%	120 11%	137 20%
Massage therapist	197 10%	168 10%	24 13%	7 9%	26 12%	16 9%	18 10%	16 12%	5 5%	17 9%	35 13%	20 7%	12 7%	119 10%	77 9%	62 13%	19 6%	28 13%	6 11%	16 10%	9 8%	45 9%	12 8%	114 11%	61 9%
Nurse	176 9%	147 8%	19 10%	10 12%	11 5%	13 7%	15 8%	17 12%	10 10%	24 12%	18 7%	23 8%	15 9%	101 9%	72 9%	30 6%	37 12%	15 7%	9 16%	13 8%	12 11%	45 9%	15 9%	90 9%	58 9%
Online source(s)	170 8%	152 9%	13 7%	2 2%	24 11%	10 5%	15 8%	11 8%	5 5%	8 4%	41 16%	24 9%	18 10%	92 8%	77 9%	48 10%	28 9%	23 11%	2 4%	11 7%	6 5%	42 8%	10 6%	101 10%	53 8%
GP	158 8%	132 8%	17 9%	8 10%	12 6%	19 11%	8 4%	7 5%	9 9%	18 9%	20 8%	25 9%	14 8%	96 8%	62 7%	48 10%	29 9%	17 8%	2 4%	8 5%	10 10%	32 6%	13 8%	95 9%	39 6%
Chiropractor	156 8%	132 8%	14 8%	6 8%	14 6%	14 8%	14 8%	11 8%	9 9%	16 8%	17 7%	25 9%	16 9%	97 8%	59 7%	40 8%	24 8%	14 7%	5 9%	9 6%	17 15%	37 7%	11 7%	83 8%	46 7%
Acupuncturist	83 4%	71 4%	6 3%	5 6%	3 1%	7 4%	9 5%	5 4%	6 6%	7 3%	9 4%	17 6%	9 5%	60 5%	23 3%	23 5%	20 7%	10 5%	2 3%	3 2%	4 3%	17 3%	4 3%	55 5%	20 3%
Yoga or pilates instructor	47 2%	43 2%	3 2%	3 4%	5 2%	4 2%	8 4%	1 1%	2 2%	3 2%	12 5%	6 2%	-	33 3%	14 2%	15 3%	6 2%	3 2%	2 3%	3 2%	5 4%	11 2%	3 2%	26 2%	14 2%
None of the above	182 9%	155 9%	20 11%	9 11%	19 8%	19 10%	19 10%	12 8%	7 7%	22 11%	11 4%	29 10%	17 9%	102 9%	77 9%	39 8%	33 11%	20 10%	9 18%	15 10%	4 3%	46 9%	16 10%	102 10%	61 9%
Don't know	216 11%	184 11%	23 13%	5 6%	29 13%	19 10%	25 14%	17 12%	10 10%	21 10%	27 10%	25 9%	16 9%	110 9%	103 13%	56 11%	22 7%	18 9%	4 7%	27 17%	9 9%	66 13%	14 8%	100 9%	93 14%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 10

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Top 3**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
GP	1760	857	902	195	278	292	324	267	403	450	481	388	440	238	714
	88%	87%	88%	82%	82%	86%	90%	89%	92%	84%	86%	89%	92%	86%	84%
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	860	428	431	103	152	120	146	127	212	231	258	184	187	119	340
	43%	43%	42%	43%	45%	35%	41%	42%	49%	43%	46%	42%	39%	43%	40%
Pharmacist	699	347	352	59	100	122	133	117	169	180	174	157	187	93	284
	35%	35%	34%	25%	29%	36%	37%	39%	39%	34%	31%	36%	39%	34%	33%
Online source(s)	610	288	321	87	130	131	114	63	84	164	181	125	139	86	281
	30%	29%	31%	36%	38%	39%	32%	21%	19%	30%	33%	29%	29%	31%	33%
Nurse	483	262	221	54	75	64	91	80	118	125	114	114	130	45	203
	24%	27%	22%	23%	22%	19%	25%	27%	27%	23%	20%	26%	27%	16%	24%
Massage therapist	382	169	213	68	80	69	56	43	67	103	117	91	71	65	191
	19%	17%	21%	28%	24%	20%	16%	15%	15%	19%	21%	21%	15%	24%	23%
Chiropractor	351	163	188	55	59	53	57	44	83	109	111	64	68	54	150
	17%	17%	18%	23%	17%	16%	16%	15%	19%	20%	20%	15%	14%	20%	18%
Acupuncturist	161	79	81	29	35	30	14	24	29	54	41	36	29	27	80
	8%	8%	8%	12%	10%	9%	4%	8%	7%	10%	7%	8%	6%	10%	9%
Yoga or pilates instructor	112	48	64	13	26	30	14	18	12	34	34	20	25	24	50
	6%	5%	6%	6%	8%	9%	4%	6%	3%	6%	6%	4%	5%	9%	6%
None of the above	31	17	14	4	4	3	10	5	6	7	6	7	11	2	15
	2%	2%	1%	2%	1%	1%	3%	2%	1%	1%	1%	2%	2%	1%	2%
Don't know	22	8	14	3	5	6	4	1	3	3	5	11	3	3	9
	1%	1%	1%	1%	1%	2%	1%	*	1%	1%	1%	2%	1%	1%	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 10

**Q6. If you decided to seek advice regarding musculoskeletal problems (such as muscle, bone or joint pain), which of the following, if any, would you be most likely to go to? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Top 3**

	Region											Experience of MSK		Employment											
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
GP	1760	1504	166	67	200	167	152	126	90	180	223	238	153	1013	729	406	263	183	44	133	93	490	148	896	623
	88%	87%	92%	83%	90%	93%	84%	90%	89%	89%	85%	84%	85%	87%	88%	83%	86%	88%	83%	85%	86%	93%	90%	85%	91%
A specialist (i.e. a physiotherapist, an osteopath or an orthopaedic surgeon)	860	760	57	37	99	77	90	50	43	93	112	116	86	572	278	208	102	97	20	60	47	252	73	428	312
	43%	44%	32%	46%	45%	42%	50%	35%	43%	46%	43%	41%	48%	49%	34%	43%	33%	47%	38%	38%	43%	48%	45%	41%	46%
Pharmacist	699	590	61	31	76	64	49	53	48	74	83	98	62	376	317	149	120	63	18	55	23	206	65	350	260
	35%	34%	34%	38%	34%	36%	27%	38%	48%	37%	32%	35%	34%	32%	38%	31%	39%	30%	35%	35%	22%	39%	40%	33%	38%
Online source(s)	610	530	48	15	71	39	51	50	32	59	107	86	53	328	276	162	93	79	10	54	48	111	53	343	165
	30%	31%	26%	18%	32%	21%	28%	35%	32%	29%	41%	31%	29%	28%	34%	33%	30%	38%	18%	35%	44%	21%	32%	33%	24%
Nurse	483	415	42	25	38	40	40	40	26	66	53	62	50	267	205	94	78	42	19	40	24	141	45	233	181
	24%	24%	23%	31%	17%	22%	22%	29%	26%	33%	20%	22%	28%	23%	25%	19%	25%	20%	37%	26%	22%	27%	28%	22%	26%
Massage therapist	382	326	47	15	52	35	35	24	9	28	61	48	28	233	148	121	60	41	11	20	20	78	30	234	98
	19%	19%	26%	19%	23%	19%	19%	17%	9%	14%	23%	17%	16%	20%	18%	25%	20%	20%	21%	13%	19%	15%	18%	22%	14%
Chiropractor	351	292	41	15	28	32	32	23	17	32	35	61	35	216	133	95	56	33	7	18	31	93	18	192	110
	17%	17%	23%	18%	13%	18%	18%	16%	17%	16%	13%	22%	19%	19%	16%	20%	18%	16%	13%	11%	29%	18%	11%	18%	16%
Acupuncturist	161	140	15	7	14	18	13	8	6	11	25	28	16	107	53	44	38	12	2	8	14	35	8	96	43
	8%	8%	8%	8%	6%	10%	7%	6%	6%	5%	10%	10%	9%	9%	6%	9%	13%	6%	3%	5%	13%	7%	5%	9%	6%
Yoga or pilates instructor	112	103	5	8	12	17	14	6	4	7	26	11	3	72	40	37	23	10	2	6	7	17	9	72	23
	6%	6%	3%	9%	5%	10%	8%	4%	4%	3%	10%	4%	1%	6%	5%	8%	8%	5%	3%	4%	7%	3%	6%	7%	3%
None of the above	31	29	-	2	3	2	2	1	3	1	2	11	5	17	13	7	3	3	3	7	*	7	1	15	14
	2%	2%	-	2%	2%	1%	1%	1%	2%	1%	1%	4%	3%	1%	2%	1%	1%	1%	5%	4%	*	1%	1%	1%	2%
Don't know	22	21	1	-	2	1	4	1	*	1	5	5	1	4	18	4	4	2	1	6	1	3	2	11	9
	1%	1%	1%	-	1%	1%	2%	1%	*	1%	2%	2%	*	*	2%	1%	1%	1%	1%	4%	1%	*	1%	1%	1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 11

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Summary table**

	<u>First</u>	<u>Second</u>	<u>Third</u>	<u>Top 3</u>
Unweighted base	2010	2010	2010	2010
Weighted base	2010	2010	2010	2010
Stop complaining about the pain	33 2%	34 2%	56 3%	123 6%
Research what might be causing the pain	216 11%	285 14%	249 12%	750 37%
Take painkillers	342 17%	365 18%	327 16%	1034 51%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	154 8%	165 8%	187 9%	506 25%
Try yoga or pilates exercises	30 1%	67 3%	65 3%	162 8%
See a specialist (i.e. a physiotherapist or an osteopath)	80 4%	264 13%	284 14%	628 31%
See a chiropractor	49 2%	91 5%	123 6%	262 13%
See an acupuncturist	21 1%	24 1%	54 3%	99 5%
Visit their GP as soon as possible	730 36%	303 15%	215 11%	1247 62%
Wait and see how it goes before booking a GP appointment	290 14%	262 13%	200 10%	751 37%
None of the above	28 1%	74 4%	108 5%	28 1%
Don't know	38 2%	78 4%	144 7%	38 2%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 12

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**First**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Visit their GP as soon as possible	730 36%	399 41%	331 32%	36 15%	101 30%	113 33%	158 44%	131 44%	191 44%	186 35%	180 32%	155 35%	208 44%	100 36%	285 34%
Take painkillers	342 17%	145 15%	197 19%	59 25%	62 18%	74 22%	67 19%	38 13%	43 10%	87 16%	97 17%	81 19%	76 16%	43 15%	170 20%
Wait and see how it goes before booking a GP appointment	290 14%	145 15%	144 14%	25 10%	33 10%	45 13%	44 12%	52 18%	92 21%	98 18%	72 13%	58 13%	62 13%	29 11%	92 11%
Research what might be causing the pain	216 11%	92 9%	124 12%	40 17%	52 15%	34 10%	33 9%	23 8%	34 8%	54 10%	71 13%	47 11%	45 9%	31 11%	95 11%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	154 8%	51 5%	103 10%	34 14%	30 9%	17 5%	20 6%	26 9%	27 6%	33 6%	51 9%	39 9%	31 7%	22 8%	62 7%
See a specialist (i.e. a physiotherapist or an osteopath)	80 4%	33 3%	47 5%	11 4%	20 6%	13 4%	9 3%	7 2%	19 4%	26 5%	24 4%	18 4%	13 3%	13 5%	38 5%
See a chiropractor	49 2%	32 3%	16 2%	9 4%	5 1%	12 3%	6 2%	7 2%	10 2%	18 3%	12 2%	8 2%	10 2%	6 2%	29 3%
Stop complaining about the pain	33 2%	22 2%	11 1%	5 2%	12 3%	8 2%	3 1%	3 1%	2 *	5 1%	13 2%	9 2%	7 1%	12 4%	17 2%
Try yoga or pilates exercises	30 1%	14 1%	16 2%	8 3%	9 3%	7 2%	3 1%	1 *	2 *	9 2%	9 2%	6 1%	6 1%	6 2%	20 2%
See an acupuncturist	21 1%	14 1%	7 1%	7 3%	5 2%	2 1%	- -	2 1%	4 1%	8 1%	5 1%	4 1%	3 1%	5 2%	11 1%
None of the above	28 1%	16 2%	12 1%	2 1%	3 1%	4 1%	6 2%	7 2%	7 2%	9 2%	7 1%	1 *	10 2%	2 1%	11 1%
Don't know	38 2%	20 2%	17 2%	3 1%	8 2%	10 3%	9 3%	1 *	7 2%	5 1%	15 3%	12 3%	6 1%	7 3%	18 2%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 12

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**First**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	Eastern	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Visit their GP as soon as possible	730 36%	626 36%	66 37%	18 22%	84 38%	63 35%	76 42%	60 43%	37 37%	78 39%	92 35%	97 35%	58 32%	394 34%	325 39%	158 32%	106 35%	77 37%	24 46%	65 42%	20 19%	226 43%	54 33%	365 35%	291 42%
Take painkillers	342 17%	296 17%	30 16%	22 27%	37 17%	33 18%	28 15%	21 15%	17 17%	32 16%	42 16%	52 19%	28 16%	208 18%	131 16%	90 19%	64 21%	36 17%	13 25%	25 16%	31 28%	53 10%	30 19%	203 19%	78 11%
Wait and see how it goes before booking a GP appointment	290 14%	250 14%	24 13%	8 11%	40 18%	17 9%	27 15%	26 18%	16 16%	33 16%	28 11%	36 13%	34 19%	186 16%	102 12%	46 9%	36 12%	27 13%	5 9%	29 19%	9 8%	117 22%	21 13%	114 11%	146 21%
Research what might be causing the pain	216 11%	183 11%	19 11%	9 11%	19 8%	20 11%	16 9%	12 8%	14 14%	21 10%	32 12%	31 11%	23 13%	118 10%	96 12%	64 13%	31 10%	23 11%	3 5%	13 8%	21 19%	42 8%	21 13%	120 11%	55 8%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	154 8%	129 7%	19 11%	10 13%	12 5%	21 12%	10 6%	5 4%	6 6%	17 9%	23 9%	18 6%	12 6%	87 7%	67 8%	38 8%	15 5%	12 6%	3 6%	10 6%	18 16%	35 7%	24 14%	69 7%	44 6%
See a specialist (i.e. a physiotherapist or an osteopath)	80 4%	65 4%	10 6%	8 10%	8 4%	9 5%	7 4%	7 5%	4 4%	4 2%	8 3%	8 3%	7 4%	55 5%	23 3%	33 7%	9 3%	6 3%	-	4 2%	3 3%	19 4%	6 4%	48 5%	23 3%
See a chiropractor	49 2%	42 2%	5 3%	3 4%	4 2%	5 3%	5 3%	-	2 2%	11 6%	3 1%	7 3%	4 2%	41 4%	7 1%	11 2%	11 4%	8 4%	2 3%	*	2 1%	11 2%	3 2%	32 3%	12 2%
Stop complaining about the pain	33 2%	27 2%	4 2%	-	6 3%	4 2%	1 1%	-	1 1%	1 1%	6 2%	9 3%	-	22 2%	11 1%	10 2%	13 4%	5 2%	-	2 1%	*	2 *	1 1%	28 3%	3 1%
Try yoga or pilates exercises	30 1%	30 2%	-	*	1 1%	2 1%	1 1%	4 3%	-	-	12 4%	5 2%	5 3%	16 1%	15 2%	14 3%	5 2%	7 3%	-	1 *	1 1%	3 *	-	26 2%	3 *
See an acupuncturist	21 1%	19 1%	1 1%	-	3 2%	-	3 2%	3 2%	1 1%	-	7 3%	1 *	*	12 1%	8 1%	6 1%	3 1%	2 1%	-	*	4 4%	4 1%	1 *	11 1%	5 1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 12

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**First**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Suffer-er	MSK Non-Suffer-er	Desk-based job	Man-ual job	Mix-ture of man-ual and desk-based job	On the road	Unem-ployed	Stud-ent	Re-tired	Other	NET: Em-ployed	NET: Unem-ployed
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
None of the above	28 1%	26 2%	- -	2 2%	3 1%	3 2%	2 1%	2 1%	1 1%	1 1%	4 2%	6 2%	4 2%	15 1%	12 1%	5 1%	6 2%	1 *	1 1%	4 2%	- -	10 2%	2 1%	12 1%	14 2%
Don't know	38 2%	35 2%	2 1%	- -	3 2%	2 1%	5 3%	1 1%	1 1%	1 1%	4 2%	11 4%	6 3%	10 1%	27 3%	12 2%	6 2%	3 1%	3 5%	4 2%	- -	8 1%	3 2%	24 2%	11 2%



## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 13

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Second**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Take painkillers	365 18%	170 17%	194 19%	33 14%	48 14%	59 17%	75 21%	67 23%	82 19%	90 17%	96 17%	84 19%	96 20%	54 19%	136 16%
Visit their GP as soon as possible	303 15%	165 17%	138 13%	41 17%	67 20%	53 16%	51 14%	33 11%	57 13%	81 15%	95 17%	57 13%	70 15%	52 19%	113 13%
Research what might be causing the pain	285 14%	139 14%	146 14%	33 14%	38 11%	57 17%	53 15%	38 13%	66 15%	88 16%	72 13%	56 13%	69 14%	39 14%	116 14%
See a specialist (i.e. a physiotherapist or an osteopath)	264 13%	150 15%	114 11%	14 6%	50 15%	41 12%	48 13%	39 13%	72 16%	69 13%	77 14%	55 12%	64 13%	43 16%	99 12%
Wait and see how it goes before booking a GP appointment	262 13%	116 12%	146 14%	36 15%	50 15%	36 11%	50 14%	27 9%	64 15%	72 13%	60 11%	62 14%	67 14%	25 9%	129 15%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	165 8%	58 6%	106 10%	33 14%	20 6%	28 8%	22 6%	30 10%	31 7%	39 7%	46 8%	48 11%	32 7%	19 7%	77 9%
See a chiropractor	91 5%	41 4%	50 5%	9 4%	16 5%	14 4%	12 3%	23 8%	16 4%	29 5%	28 5%	20 5%	13 3%	12 4%	41 5%
Try yoga or pilates exercises	67 3%	28 3%	39 4%	14 6%	18 5%	13 4%	10 3%	9 3%	3 1%	14 3%	21 4%	21 5%	10 2%	7 3%	41 5%
Stop complaining about the pain	34 2%	25 3%	9 1%	8 4%	9 3%	2 1%	5 2%	2 1%	6 1%	8 1%	11 2%	6 1%	10 2%	1 *	22 3%
See an acupuncturist	24 1%	13 1%	10 1%	8 3%	4 1%	3 1%	2 1%	3 1%	4 1%	9 2%	6 1%	3 1%	7 1%	4 1%	12 1%
None of the above	74 4%	37 4%	37 4%	4 2%	5 2%	18 5%	12 3%	17 6%	18 4%	21 4%	21 4%	9 2%	22 5%	8 3%	29 3%
Don't know	78 4%	43 4%	35 3%	6 2%	12 4%	14 4%	17 5%	10 3%	19 4%	18 3%	25 5%	17 4%	18 4%	14 5%	33 4%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 13

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Second**

	Region													Experience of MSK		Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	Eastern	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Take painkillers	365 18%	316 18%	28 15%	13 16%	40 18%	37 20%	37 20%	40 28%	21 21%	37 19%	31 12%	40 14%	41 22%	220 19%	141 17%	62 13%	68 22%	39 19%	10 18%	39 25%	13 12%	102 19%	31 19%	179 17%	141 21%
Visit their GP as soon as possible	303 15%	253 15%	38 21%	16 20%	32 15%	21 12%	22 12%	18 13%	12 12%	33 16%	46 17%	36 13%	29 16%	163 14%	136 17%	85 17%	38 12%	27 13%	5 9%	24 15%	24 22%	73 14%	28 17%	154 15%	97 14%
Research what might be causing the pain	285 14%	245 14%	26 14%	10 13%	27 12%	22 12%	30 17%	14 10%	14 14%	26 13%	50 19%	45 16%	21 12%	157 13%	121 15%	72 15%	34 11%	36 17%	5 10%	25 16%	20 19%	72 14%	20 12%	147 14%	98 14%
See a specialist (i.e. a physiotherapist or an osteopath)	264 13%	226 13%	32 17%	7 8%	43 19%	19 10%	25 14%	13 9%	6 6%	27 13%	37 14%	39 14%	17 10%	166 14%	97 12%	69 14%	30 10%	34 17%	5 9%	23 15%	5 5%	84 16%	14 9%	137 13%	107 16%
Wait and see how it goes before booking a GP appointment	262 13%	222 13%	19 11%	12 14%	30 14%	21 12%	22 12%	17 12%	20 20%	35 17%	28 11%	35 12%	23 13%	151 13%	109 13%	59 12%	42 14%	26 12%	13 24%	12 8%	16 14%	68 13%	27 16%	140 13%	79 12%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	165 8%	141 8%	10 6%	9 12%	16 7%	20 11%	9 5%	19 13%	13 13%	11 6%	20 8%	23 8%	14 7%	110 9%	55 7%	34 7%	31 10%	19 9%	5 9%	6 4%	11 10%	42 8%	17 10%	89 8%	49 7%
See a chiropractor	91 5%	81 5%	8 4%	1 1%	6 3%	9 5%	11 6%	6 4%	2 2%	12 6%	12 4%	16 6%	9 5%	59 5%	31 4%	27 5%	14 5%	8 4%	2 4%	6 4%	2 2%	26 5%	5 3%	51 5%	32 5%
Try yoga or pilates exercises	67 3%	59 3%	4 2%	3 4%	2 1%	11 6%	2 1%	2 2%	3 3%	6 3%	19 7%	10 3%	4 2%	43 4%	24 3%	26 5%	14 5%	4 2%	1 1%	3 2%	5 5%	7 1%	8 5%	44 4%	9 1%
Stop complaining about the pain	34 2%	30 2%	3 2%	2 3%	4 2%	5 3%	5 3%	1 1%	1 1%	3 1%	3 1%	6 2%	1 *	19 2%	13 2%	6 1%	9 3%	4 2%	- -	3 2%	5 5%	6 1%	1 1%	19 2%	9 1%
See an acupuncturist	24 1%	24 1%	- -	4 4%	2 1%	2 1%	2 1%	2 2%	- -	2 1%	1 1%	4 1%	5 3%	12 1%	10 1%	9 2%	2 1%	2 1%	- -	1 *	3 3%	5 1%	1 1%	13 1%	6 1%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 13

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Second**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Suffer-er	MSK Non-Suffer-er	Desk-based job	Man-ual job	Mix-ture of man-ual and desk-based job	On the road	Unem-ployed	Stud-ent	Re-tired	Other	NET: Em-ployed	NET: Unem-ployed
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
None of the above	74 4%	62 4%	7 4%	1 2%	9 4%	5 3%	2 1%	4 3%	5 5%	7 3%	9 3%	15 5%	11 6%	30 3%	43 5%	17 4%	11 4%	3 1%	3 7%	7 5%	1 1%	26 5%	5 3%	35 3%	33 5%
Don't know	78 4%	69 4%	6 4%	2 3%	10 4%	8 5%	13 7%	5 3%	3 3%	3 1%	7 3%	14 5%	7 4%	34 3%	43 5%	22 5%	13 4%	5 3%	4 8%	7 4%	3 2%	17 3%	6 4%	45 4%	24 4%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 14

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Third**

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Take painkillers	327 16%	166 17%	162 16%	42 18%	43 13%	40 12%	54 15%	57 19%	91 21%	86 16%	88 16%	75 17%	78 16%	34 12%	131 15%
See a specialist (i.e. a physiotherapist or an osteopath)	284 14%	152 15%	132 13%	44 19%	55 16%	45 13%	47 13%	30 10%	62 14%	77 14%	86 15%	60 14%	61 13%	37 13%	123 14%
Research what might be causing the pain	249 12%	127 13%	122 12%	25 11%	36 11%	39 12%	50 14%	39 13%	59 14%	72 13%	51 9%	66 15%	59 12%	37 13%	97 11%
Visit their GP as soon as possible	215 11%	95 10%	119 12%	32 13%	38 11%	45 13%	33 9%	33 11%	34 8%	54 10%	64 12%	50 11%	47 10%	32 11%	92 11%
Wait and see how it goes before booking a GP appointment	200 10%	81 8%	119 12%	38 16%	24 7%	29 9%	39 11%	37 12%	33 8%	55 10%	55 10%	45 10%	45 9%	29 11%	89 10%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	187 9%	81 8%	106 10%	13 6%	37 11%	25 7%	42 12%	29 10%	40 9%	44 8%	49 9%	37 8%	57 12%	24 9%	72 8%
See a chiropractor	123 6%	69 7%	54 5%	8 3%	30 9%	22 6%	17 5%	13 4%	34 8%	38 7%	38 7%	18 4%	29 6%	18 6%	54 6%
Try yoga or pilates exercises	65 3%	23 2%	42 4%	10 4%	13 4%	13 4%	7 2%	8 3%	15 3%	22 4%	19 3%	16 4%	8 2%	15 5%	22 3%
Stop complaining about the pain	56 3%	39 4%	17 2%	5 2%	14 4%	19 6%	10 3%	4 1%	4 1%	14 3%	12 2%	14 3%	16 3%	4 1%	40 5%
See an acupuncturist	54 3%	20 2%	34 3%	6 2%	17 5%	14 4%	6 2%	8 3%	4 1%	16 3%	17 3%	12 3%	10 2%	6 2%	33 4%
None of the above	108 5%	55 6%	52 5%	4 2%	14 4%	22 6%	22 6%	22 8%	24 5%	28 5%	25 4%	18 4%	36 8%	12 4%	39 5%
Don't know	144 7%	76 8%	68 7%	10 4%	18 5%	26 8%	32 9%	19 6%	38 9%	31 6%	54 10%	27 6%	31 7%	28 10%	59 7%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 14

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Third**

	Region													Experience of MSK		Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	Eastern	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Take painkillers	327 16%	286 17%	29 16%	17 21%	38 17%	29 16%	31 17%	9 6%	12 11%	41 20%	42 16%	51 18%	28 15%	196 17%	125 15%	74 15%	47 15%	28 14%	6 11%	21 13%	15 14%	110 21%	26 16%	155 15%	131 19%
See a specialist (i.e. a physiotherapist or an osteopath)	284 14%	249 14%	25 14%	9 12%	25 11%	17 9%	22 12%	18 13%	10 10%	29 14%	52 20%	46 16%	30 17%	144 12%	138 17%	72 15%	34 11%	27 13%	9 17%	22 14%	25 23%	66 13%	30 18%	141 13%	88 13%
Research what might be causing the pain	249 12%	213 12%	23 13%	6 7%	18 8%	19 11%	31 17%	29 21%	13 13%	23 12%	33 12%	28 10%	25 14%	140 12%	105 13%	48 10%	37 12%	34 16%	8 15%	21 13%	11 10%	73 14%	17 10%	127 12%	94 14%
Visit their GP as soon as possible	215 11%	177 10%	19 11%	13 16%	33 15%	21 12%	13 7%	13 10%	19 19%	15 8%	24 9%	25 9%	19 11%	144 12%	69 8%	46 9%	29 9%	25 12%	11 21%	25 16%	16 15%	46 9%	18 11%	110 10%	71 10%
Wait and see how it goes before booking a GP appointment	200 10%	175 10%	15 8%	7 9%	22 10%	29 16%	16 9%	20 14%	9 9%	14 7%	18 7%	34 12%	16 9%	133 11%	63 8%	57 12%	30 10%	23 11%	- -	12 7%	12 11%	43 8%	22 13%	110 10%	55 8%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	187 9%	158 9%	18 10%	9 11%	22 10%	20 11%	18 10%	16 11%	11 11%	19 9%	16 6%	23 8%	15 8%	132 11%	53 6%	34 7%	33 11%	24 12%	5 9%	15 9%	8 7%	54 10%	14 9%	96 9%	69 10%
See a chiropractor	123 6%	104 6%	10 6%	7 9%	15 7%	9 5%	12 7%	9 7%	9 9%	16 8%	11 4%	15 5%	10 5%	56 5%	66 8%	35 7%	21 7%	12 6%	1 2%	8 5%	3 3%	33 6%	8 5%	70 7%	42 6%
Try yoga or pilates exercises	65 3%	58 3%	4 2%	4 5%	5 2%	7 4%	6 3%	8 6%	3 3%	2 1%	10 4%	7 3%	8 4%	43 4%	22 3%	20 4%	6 2%	9 4%	- -	4 2%	5 5%	18 3%	4 3%	34 3%	22 3%
Stop complaining about the pain	56 3%	50 3%	4 2%	1 1%	7 3%	6 3%	2 1%	3 2%	3 3%	15 8%	9 3%	6 2%	1 1%	29 2%	27 3%	16 3%	18 6%	7 3%	2 3%	2 1%	4 3%	5 1%	2 1%	43 4%	7 1%
See an acupuncturist	54 3%	44 3%	8 4%	1 1%	4 2%	2 1%	8 4%	- -	3 3%	1 1%	16 6%	7 3%	5 3%	34 3%	21 2%	18 4%	12 4%	1 1%	3 6%	5 3%	4 3%	7 1%	5 3%	34 3%	11 2%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 14

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Third**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Suffer-er	MSK Non-Suffer-er	Desk-based job	Man-ual job	Mix-ture of man-ual and desk-based job	On the road	Unem-ployed	Stud-ent	Re-tired	Other	NET: Em-ployed	NET: Unem-ployed
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
None of the above	108 5%	91 5%	12 7%	4 5%	12 5%	7 4%	8 4%	8 6%	5 5%	11 5%	14 5%	15 5%	13 7%	47 4%	60 7%	26 5%	16 5%	5 2%	4 8%	15 10%	1 1%	34 7%	6 3%	51 5%	50 7%
Don't know	144 7%	125 7%	14 8%	2 3%	19 9%	14 8%	15 8%	7 5%	5 5%	14 7%	18 7%	25 9%	11 6%	67 6%	73 9%	41 8%	24 8%	12 6%	4 8%	8 5%	5 5%	38 7%	10 6%	82 8%	46 7%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 15

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Top 3**

	Gender			Age						Social Grade				Employment Sector	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
Visit their GP as soon as possible	1247 62%	659 67%	588 57%	109 46%	205 61%	211 62%	242 68%	198 66%	282 65%	321 60%	339 61%	262 60%	326 68%	184 66%	491 58%
Take painkillers	1034 51%	481 49%	553 54%	135 56%	153 45%	173 51%	196 55%	162 54%	216 49%	263 49%	281 50%	240 55%	250 52%	131 47%	437 51%
Wait and see how it goes before booking a GP appointment	751 37%	342 35%	409 40%	99 41%	106 31%	109 32%	133 37%	116 39%	188 43%	225 42%	188 34%	164 38%	173 36%	84 30%	310 36%
Research what might be causing the pain	750 37%	358 36%	392 38%	98 41%	126 37%	131 39%	135 38%	101 34%	159 36%	213 40%	194 35%	169 39%	173 36%	107 39%	308 36%
See a specialist (i.e. a physiotherapist or an osteopath)	628 31%	335 34%	292 29%	69 29%	126 37%	99 29%	105 29%	76 25%	153 35%	171 32%	187 33%	132 30%	138 29%	94 34%	260 31%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	506 25%	190 19%	315 31%	81 34%	86 25%	71 21%	84 24%	86 29%	98 22%	116 22%	146 26%	123 28%	120 25%	65 23%	211 25%
See a chiropractor	262 13%	142 14%	121 12%	26 11%	52 15%	48 14%	35 10%	42 14%	60 14%	86 16%	78 14%	46 11%	52 11%	36 13%	124 15%
Try yoga or pilates exercises	162 8%	66 7%	96 9%	31 13%	40 12%	33 10%	20 6%	18 6%	20 5%	45 8%	49 9%	43 10%	25 5%	28 10%	82 10%
Stop complaining about the pain	123 6%	87 9%	37 4%	19 8%	34 10%	30 9%	19 5%	10 3%	12 3%	27 5%	35 6%	29 7%	32 7%	16 6%	79 9%
See an acupuncturist	99 5%	48 5%	51 5%	21 9%	27 8%	18 5%	8 2%	12 4%	13 3%	32 6%	28 5%	19 4%	19 4%	15 5%	56 7%
None of the above	28 1%	16 2%	12 1%	2 1%	3 1%	4 1%	6 2%	7 2%	7 2%	9 2%	7 1%	1 *	10 2%	2 1%	11 1%
Don't know	38 2%	20 2%	17 2%	3 1%	8 2%	10 3%	9 3%	1 *	7 2%	5 1%	15 3%	12 3%	6 1%	7 3%	18 2%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 15

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Top 3**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
Visit their GP as soon as possible	1247 62%	1056 61%	123 68%	47 58%	149 68%	106 59%	111 62%	91 65%	68 68%	126 63%	162 62%	158 56%	106 59%	702 60%	531 64%	289 59%	173 56%	128 62%	40 75%	114 73%	61 56%	344 65%	100 61%	630 60%	458 67%
Take painkillers	1034 51%	897 52%	87 48%	52 65%	115 52%	99 55%	96 53%	70 50%	49 49%	110 55%	114 44%	143 51%	96 53%	624 54%	397 48%	227 47%	180 59%	103 50%	28 53%	85 54%	59 54%	265 50%	88 54%	538 51%	349 51%
Wait and see how it goes before booking a GP appointment	751 37%	647 37%	58 32%	27 33%	93 42%	67 37%	65 36%	63 45%	46 45%	81 40%	74 28%	105 37%	73 40%	470 40%	275 33%	162 33%	108 35%	76 37%	18 34%	53 34%	37 34%	228 43%	70 43%	364 35%	280 41%
Research what might be causing the pain	750 37%	641 37%	68 38%	25 31%	64 29%	62 34%	76 42%	54 39%	41 40%	71 35%	115 44%	105 37%	69 38%	415 36%	323 39%	183 38%	103 33%	92 44%	16 30%	59 38%	52 48%	187 35%	58 35%	394 37%	246 36%
See a specialist (i.e. a physiotherapist or an osteopath)	628 31%	540 31%	67 37%	24 29%	76 34%	44 24%	55 30%	39 27%	21 20%	60 30%	97 37%	92 33%	54 30%	366 31%	258 31%	173 35%	74 24%	67 32%	13 25%	48 31%	33 31%	169 32%	50 31%	327 31%	218 32%
Treat with natural home remedies (i.e. a hot bath, a heat wrap or a massage)	506 25%	428 25%	47 26%	29 36%	50 23%	62 34%	37 21%	39 28%	30 30%	48 24%	58 22%	64 23%	40 22%	329 28%	175 21%	105 22%	79 26%	56 27%	13 24%	30 19%	36 33%	131 25%	55 33%	253 24%	162 24%
See a chiropractor	262 13%	227 13%	23 13%	11 14%	25 11%	23 13%	28 16%	15 11%	12 12%	40 20%	26 10%	38 13%	22 12%	157 13%	105 13%	72 15%	47 15%	29 14%	5 9%	15 10%	7 7%	71 13%	16 10%	153 15%	86 13%
Try yoga or pilates exercises	162 8%	147 9%	8 5%	8 10%	9 4%	20 11%	8 5%	15 11%	6 6%	8 4%	41 16%	22 8%	17 9%	101 9%	61 7%	60 12%	24 8%	19 9%	1 1%	7 4%	12 11%	27 5%	12 8%	104 10%	34 5%
Stop complaining about the pain	123 6%	107 6%	11 6%	3 4%	17 8%	16 9%	7 4%	4 3%	5 5%	19 9%	18 7%	21 7%	2 1%	70 6%	51 6%	33 7%	40 13%	16 8%	2 3%	7 4%	9 8%	13 2%	4 3%	91 9%	19 3%
See an acupuncturist	99 5%	86 5%	9 5%	4 5%	9 4%	4 2%	13 7%	5 4%	4 4%	3 2%	25 9%	13 4%	10 5%	58 5%	38 5%	33 7%	17 5%	6 3%	3 6%	5 4%	11 10%	16 3%	7 4%	59 6%	22 3%



## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 15

**Q7. A friend has told you he/she is suffering from musculoskeletal pain (such as muscle, bone or joint pain). What would you be most likely to advise him or her to do? Please select up to three of the following options, ranking them in order of importance.**

**Base: All respondents**

**Top 3**

	Region												Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	MSK Suffer-er	MSK Non-Suffer-er	Desk-based job	Man-ual job	Mix-ture of man-ual and desk-based job	On the road	Unem-ployed	Stud-ent	Re-tired	Other	NET: Em-ployed	NET: Unem-ployed
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
None of the above	28 1%	26 2%	- -	2 2%	3 1%	3 2%	2 1%	2 1%	1 1%	1 1%	4 2%	6 2%	4 2%	15 1%	12 1%	5 1%	6 2%	1 *	1 1%	4 2%	- -	10 2%	2 1%	12 1%	14 2%
Don't know	38 2%	35 2%	2 1%	- -	3 2%	2 1%	5 3%	1 1%	1 1%	1 1%	4 2%	11 4%	6 3%	10 1%	27 3%	12 2%	6 2%	3 1%	3 5%	4 2%	- -	8 1%	3 2%	24 2%	11 2%

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 16

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Summary table**

	Those suffering from pain in their muscles, bones or joints should take it seriously	Those suffering from pain in their muscles, bones or joints should seek treatment from a GP	Going to a GP when suffering from pain in your muscles, bones or joints is a waste of time	Those suffering from pain in their muscles, bones or joints should see other healthcare professionals, such as physiotherapists, chiropractors or osteopaths	Those suffering from pain in their muscles, bones or joints should seek alternative ways to get better, such as going to the gym or yoga
Unweighted base	2010	2010	2010	2010	2010
Weighted base	2010	2010	2010	2010	2010
NET: Agree	1708 85%	1609 80%	466 23%	1242 62%	739 37%
Strongly agree (4)	715 36%	683 34%	109 5%	307 15%	141 7%
Tend to agree (3)	992 49%	927 46%	357 18%	935 46%	598 30%
Tend to disagree (2)	128 6%	183 9%	661 33%	341 17%	583 29%
Strongly disagree (1)	14 1%	39 2%	675 34%	76 4%	257 13%
NET: Disagree	142 7%	222 11%	1335 66%	417 21%	840 42%
Don't know	161 8%	179 9%	209 10%	351 17%	432 21%
Mean	3.30	3.23	1.94	2.89	2.39
Standard deviation	0.63	0.71	0.90	0.75	0.86
Standard error	0.01	0.02	0.02	0.02	0.02

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 17

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should take it seriously**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Pri- vate
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Agree	1708	821	887	192	263	278	303	268	404	468	455	373	412	237	683
	85%	83%	87%	80%	78%	82%	85%	90%	92%	87%	82%	85%	86%	86%	81%
Strongly agree	(4) 715	380	336	65	99	113	130	115	193	172	175	169	199	104	248
	36%	39%	33%	27%	29%	33%	36%	38%	44%	32%	31%	39%	42%	37%	29%
Tend to agree	(3) 992	441	552	127	164	166	173	153	211	296	280	204	213	133	435
	49%	45%	54%	53%	48%	49%	48%	51%	48%	55%	50%	47%	45%	48%	51%
Tend to disagree	(2) 128	71	57	15	21	26	28	20	18	37	39	26	26	15	69
	6%	7%	6%	6%	6%	8%	8%	7%	4%	7%	7%	6%	5%	5%	8%
Strongly disagree	(1) 14	11	3	4	7	-	-	-	2	6	3	2	3	4	7
	1%	1%	*	2%	2%	-	-	-	*	1%	*	*	1%	1%	1%
NET: Disagree	142	82	59	19	29	26	28	20	20	43	41	29	29	19	76
	7%	8%	6%	8%	8%	8%	8%	7%	5%	8%	7%	7%	6%	7%	9%
Don't know	161	82	79	28	47	34	27	11	13	26	61	36	37	21	89
	8%	8%	8%	12%	14%	10%	8%	4%	3%	5%	11%	8%	8%	8%	11%
Mean	3.30	3.32	3.29	3.20	3.22	3.28	3.31	3.33	3.40	3.24	3.26	3.34	3.38	3.31	3.22
Standard deviation	0.63	0.67	0.59	0.65	0.69	0.61	0.62	0.60	0.60	0.63	0.62	0.62	0.63	0.66	0.64
Standard error	0.01	0.02	0.02	0.05	0.04	0.04	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.04	0.02

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 17

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should take it seriously**

	Region													Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed	
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784	
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684	
NET: Agree	1708 85%	1473 85%	155 86%	71 89%	194 88%	147 81%	160 89%	125 89%	80 80%	174 87%	213 81%	237 84%	152 84%	1024 88%	668 81%	400 82%	247 81%	175 84%	46 87%	128 82%	91 83%	481 91%	140 85%	868 82%	609 89%	
Strongly agree	(4) 36%	715 35%	610 43%	77 34%	27 38%	83 38%	69 35%	63 37%	52 28%	28 36%	72 34%	89 34%	97 32%	58 39%	449 32%	260 32%	147 30%	105 34%	69 33%	16 30%	59 38%	28 26%	231 44%	61 37%	337 32%	290 42%
Tend to agree	(3) 49%	992 50%	863 43%	77 55%	44 50%	111 43%	78 54%	97 52%	73 52%	52 51%	102 47%	140 50%	94 52%	576 49%	408 49%	253 52%	143 47%	105 51%	30 57%	69 44%	63 58%	250 47%	79 48%	532 50%	319 47%	
Tend to disagree	(2) 6%	128 6%	103 6%	13 7%	5 6%	12 6%	16 9%	7 4%	11 8%	12 12%	9 5%	15 6%	19 7%	8 4%	60 5%	65 8%	35 7%	23 7%	17 8%	4 8%	5 3%	6 5%	27 5%	12 7%	79 7%	32 5%
Strongly disagree	(1) 1%	14 1%	11 1%	1 *	- -	2 1%	- -	- -	- -	2 2%	1 1%	8 3%	- *	11 1%	3 *	2 *	2 1%	1 1%	- -	1 *	4 4%	2 *	2 1%	5 *	3 *	
NET: Disagree	142 7%	114 7%	13 7%	5 6%	14 6%	16 9%	7 4%	11 8%	15 15%	11 5%	23 9%	19 7%	8 5%	71 6%	69 8%	37 8%	24 8%	19 9%	4 8%	6 4%	10 9%	29 5%	14 8%	84 8%	34 5%	
Don't know	161 8%	142 8%	13 7%	4 5%	13 6%	18 10%	13 7%	5 4%	6 6%	16 8%	26 10%	26 9%	21 11%	70 6%	87 11%	50 10%	35 11%	14 7%	3 5%	22 14%	8 8%	18 3%	10 6%	102 10%	40 6%	
Mean	3.30	3.31	3.38	3.29	3.33	3.32	3.33	3.30	3.12	3.33	3.25	3.31	3.31	3.34	3.25	3.25	3.29	3.26	3.23	3.39	3.14	3.39	3.29	3.26	3.39	
Standard deviation	0.63	0.62	0.64	0.59	0.62	0.65	0.56	0.61	0.72	0.60	0.72	0.60	0.57	0.63	0.63	0.61	0.64	0.64	0.59	0.59	0.70	0.61	0.67	0.62	0.60	
Standard error	0.01	0.02	0.05	0.06	0.04	0.05	0.04	0.05	0.07	0.05	0.05	0.04	0.04	0.02	0.02	0.03	0.04	0.05	0.10	0.04	0.06	0.03	0.05	0.02	0.02	

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 18

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should seek treatment from a GP**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Pri- vate
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Agree	1609	781	828	167	244	263	304	252	380	433	424	347	406	237	618
	80%	79%	81%	70%	72%	78%	85%	85%	87%	80%	76%	79%	85%	85%	73%
Strongly agree	(4) 683	371	312	51	92	95	125	106	214	176	153	161	194	101	215
	34%	38%	30%	21%	27%	28%	35%	35%	49%	33%	27%	37%	41%	36%	25%
Tend to agree	(3) 927	411	516	116	152	167	179	147	166	257	271	186	212	136	403
	46%	42%	50%	49%	45%	49%	50%	49%	38%	48%	49%	43%	44%	49%	47%
Tend to disagree	(2) 183	96	88	28	39	28	28	27	33	64	55	35	29	13	109
	9%	10%	9%	12%	11%	8%	8%	9%	8%	12%	10%	8%	6%	5%	13%
Strongly disagree	(1) 39	25	14	9	6	11	-	3	9	9	11	15	3	4	25
	2%	3%	1%	4%	2%	3%	-	1%	2%	2%	2%	4%	1%	1%	3%
NET: Disagree	222	120	101	37	45	39	28	30	43	73	66	51	32	17	134
	11%	12%	10%	15%	13%	12%	8%	10%	10%	14%	12%	12%	7%	6%	16%
Don't know	179	83	96	35	49	36	26	17	15	32	68	40	40	23	97
	9%	8%	9%	15%	14%	11%	7%	6%	3%	6%	12%	9%	8%	8%	11%
Mean	3.23	3.25	3.21	3.03	3.14	3.15	3.29	3.26	3.38	3.18	3.16	3.24	3.36	3.32	3.07
Standard deviation	0.71	0.75	0.67	0.75	0.72	0.73	0.61	0.67	0.73	0.72	0.70	0.77	0.64	0.64	0.75
Standard error	0.02	0.03	0.02	0.05	0.04	0.04	0.03	0.04	0.03	0.03	0.03	0.04	0.03	0.04	0.03

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 18

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should seek treatment from a GP**

	Region													Experience of MSK		Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
NET: Agree	1609 80%	1389 80%	146 81%	71 89%	193 87%	146 81%	137 76%	114 81%	74 73%	157 78%	200 77%	227 81%	143 79%	945 81%	648 79%	365 75%	231 75%	165 80%	45 85%	125 80%	86 79%	454 86%	137 84%	807 77%	579 85%
Strongly agree	(4) 683 34%	590 34%	70 39%	27 33%	86 39%	63 35%	55 30%	51 36%	23 23%	75 37%	82 31%	96 34%	57 32%	417 36%	257 31%	124 26%	98 32%	67 32%	14 26%	56 36%	26 24%	244 46%	54 33%	303 29%	299 44%
Tend to agree	(3) 927 46%	799 46%	77 42%	45 56%	108 49%	84 46%	82 46%	63 45%	51 50%	81 41%	119 45%	132 47%	86 48%	528 45%	391 47%	241 50%	133 43%	98 47%	31 59%	69 45%	61 56%	211 40%	82 50%	503 48%	280 41%
Tend to disagree	(2) 183 9%	146 8%	18 10%	3 3%	10 5%	18 10%	23 13%	13 10%	20 20%	17 9%	26 10%	21 7%	14 8%	113 10%	69 8%	61 13%	35 11%	21 10%	2 4%	6 4%	8 7%	43 8%	9 5%	119 11%	48 7%
Strongly disagree	(1) 39 2%	32 2%	5 3%	1 1%	2 1%	1 1%	4 2%	4 3%	1 1%	8 4%	4 2%	5 2%	2 1%	28 2%	11 1%	11 2%	5 2%	6 3%	2 3%	2 1%	1 1%	7 1%	5 3%	23 2%	9 1%
NET: Disagree	222 11%	178 10%	23 13%	3 4%	13 6%	19 10%	27 15%	18 12%	21 21%	25 13%	30 12%	26 9%	17 9%	140 12%	80 10%	72 15%	40 13%	27 13%	4 7%	7 5%	8 8%	50 9%	14 8%	142 14%	57 8%
Don't know	179 9%	161 9%	12 6%	6 7%	15 7%	15 9%	16 9%	9 7%	6 6%	19 10%	30 12%	28 10%	21 11%	79 7%	96 12%	49 10%	36 12%	15 7%	4 8%	24 15%	14 13%	24 5%	13 8%	104 10%	47 7%
Mean	3.23	3.24	3.25	3.30	3.34	3.26	3.14	3.22	3.01	3.23	3.20	3.25	3.24	3.23	3.23	3.09	3.20	3.18	3.18	3.35	3.17	3.37	3.24	3.14	3.37
Standard deviation	0.71	0.70	0.76	0.58	0.63	0.67	0.75	0.75	0.70	0.80	0.71	0.69	0.67	0.73	0.68	0.72	0.72	0.74	0.66	0.63	0.60	0.70	0.71	0.72	0.68
Standard error	0.02	0.02	0.06	0.06	0.04	0.05	0.06	0.06	0.07	0.06	0.05	0.04	0.05	0.02	0.03	0.04	0.05	0.06	0.11	0.05	0.06	0.03	0.06	0.03	0.03

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 19

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Going to a GP when suffering from pain in your muscles, bones or joints is a waste of time**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Agree	466 23%	224 23%	242 24%	76 32%	86 26%	90 27%	84 23%	50 17%	80 18%	134 25%	136 24%	109 25%	86 18%	55 20%	247 29%
Strongly agree	(4) 109 5%	57 6%	51 5%	20 8%	32 9%	17 5%	17 5%	6 2%	16 4%	26 5%	32 6%	28 6%	23 5%	21 8%	57 7%
Tend to agree	(3) 357 18%	167 17%	190 19%	56 23%	54 16%	72 21%	67 19%	44 15%	64 15%	108 20%	104 19%	82 19%	63 13%	34 12%	190 22%
Tend to disagree	(2) 661 33%	315 32%	345 34%	85 35%	101 30%	105 31%	130 36%	111 37%	129 29%	177 33%	180 32%	140 32%	164 34%	97 35%	270 32%
Strongly disagree	(1) 675 34%	357 36%	318 31%	40 17%	92 27%	96 28%	116 32%	123 41%	208 47%	184 34%	164 29%	144 33%	183 38%	102 37%	220 26%
NET: Disagree	1335 66%	672 68%	663 65%	125 52%	193 57%	201 59%	246 69%	234 78%	337 77%	361 67%	344 62%	284 65%	347 73%	199 72%	490 58%
Don't know	209 10%	89 9%	120 12%	38 16%	59 18%	47 14%	29 8%	14 5%	21 5%	42 8%	78 14%	44 10%	45 9%	23 8%	111 13%
Mean	1.94	1.92	1.97	2.28	2.10	2.04	1.95	1.76	1.73	1.95	2.01	1.98	1.83	1.90	2.11
Standard deviation	0.90	0.91	0.89	0.90	0.99	0.91	0.87	0.79	0.86	0.89	0.91	0.92	0.87	0.93	0.92
Standard error	0.02	0.03	0.03	0.06	0.06	0.06	0.05	0.05	0.04	0.04	0.04	0.05	0.04	0.06	0.04

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 19

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Going to a GP when suffering from pain in your muscles, bones or joints is a waste of time**

	Region													Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of England	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed	
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784	
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684	
NET: Agree	466 23%	404 23%	32 18%	20 25%	41 19%	36 20%	43 24%	30 21%	29 29%	41 20%	88 34%	70 25%	35 19%	300 26%	163 20%	128 26%	85 28%	56 27%	11 20%	30 19%	29 26%	101 19%	26 16%	280 27%	131 19%	
Strongly agree	(4) 5%	109 6%	4 2%	3 3%	14 6%	4 2%	12 7%	5 4%	7 7%	10 5%	23 9%	22 8%	6 3%	69 6%	39 5%	36 7%	24 8%	10 5%	1 1%	12 8%	9 8%	13 3%	4 2%	70 7%	26 4%	
Tend to agree	(3) 18%	357 18%	307 18%	28 15%	18 22%	28 13%	32 18%	31 17%	25 18%	23 23%	31 15%	65 25%	49 17%	29 16%	231 20%	124 15%	92 19%	61 20%	47 23%	10 19%	17 11%	20 18%	88 17%	22 14%	210 20%	105 15%
Tend to disagree	(2) 33%	661 31%	537 31%	80 44%	25 31%	80 36%	60 33%	70 39%	46 33%	43 43%	62 31%	57 22%	80 28%	58 32%	389 33%	265 32%	147 30%	103 34%	74 36%	17 33%	54 34%	40 37%	166 31%	59 36%	342 32%	219 32%
Strongly disagree	(1) 34%	675 34%	594 34%	62 34%	29 36%	83 37%	57 32%	56 31%	55 39%	19 19%	74 37%	81 31%	94 33%	66 37%	392 34%	275 33%	143 29%	83 27%	62 30%	21 40%	46 30%	20 19%	238 45%	61 38%	309 29%	284 42%
NET: Disagree	1335 66%	1131 65%	142 78%	55 68%	162 73%	117 65%	126 70%	100 71%	63 62%	136 67%	137 53%	173 62%	124 69%	781 67%	540 66%	290 60%	186 61%	136 66%	38 72%	100 64%	60 55%	404 76%	121 74%	650 62%	504 74%	
Don't know	209 10%	193 11%	7 4%	6 7%	17 8%	28 15%	12 7%	11 8%	8 8%	25 12%	36 14%	38 13%	21 12%	84 7%	121 15%	69 14%	36 12%	15 7%	4 8%	26 17%	20 18%	23 4%	16 10%	123 12%	49 7%	
Mean	1.94	1.94	1.85	1.92	1.87	1.89	1.99	1.85	2.18	1.87	2.13	1.99	1.84	1.98	1.90	2.05	2.09	2.02	1.80	1.97	2.20	1.76	1.79	2.04	1.80	
Standard deviation	0.90	0.92	0.77	0.88	0.89	0.83	0.90	0.86	0.85	0.90	1.02	0.97	0.85	0.91	0.88	0.95	0.94	0.88	0.81	0.94	0.91	0.83	0.80	0.93	0.86	
Standard error	0.02	0.02	0.06	0.10	0.06	0.07	0.07	0.07	0.09	0.07	0.07	0.06	0.06	0.03	0.03	0.05	0.06	0.07	0.13	0.07	0.09	0.04	0.06	0.03	0.03	



## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 20

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should see other healthcare professionals, such as physiotherapists, chiropractors or osteopaths**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Agree	1242	581	661	150	228	214	228	163	259	354	350	246	292	191	515
	62%	59%	64%	63%	67%	63%	64%	55%	59%	66%	63%	56%	61%	69%	61%
Strongly agree	(4) 307	152	155	45	67	57	51	35	53	77	81	69	80	44	144
	15%	15%	15%	19%	20%	17%	14%	12%	12%	14%	14%	16%	17%	16%	17%
Tend to agree	(3) 935	428	506	106	161	157	177	128	207	276	270	176	212	147	371
	46%	43%	49%	44%	48%	46%	49%	43%	47%	51%	48%	40%	44%	53%	44%
Tend to disagree	(2) 341	183	158	40	40	55	54	63	89	79	84	86	92	37	146
	17%	19%	15%	17%	12%	16%	15%	21%	20%	15%	15%	20%	19%	13%	17%
Strongly disagree	(1) 76	54	22	10	6	4	9	18	29	25	13	26	12	8	29
	4%	6%	2%	4%	2%	1%	2%	6%	7%	5%	2%	6%	3%	3%	3%
NET: Disagree	417	237	180	50	46	59	63	81	119	105	97	112	104	44	175
	21%	24%	18%	21%	14%	17%	17%	27%	27%	19%	17%	26%	22%	16%	21%
Don't know	351	168	183	39	64	66	68	54	59	79	110	80	81	42	159
	17%	17%	18%	16%	19%	20%	19%	18%	14%	15%	20%	18%	17%	15%	19%
Mean	2.89	2.83	2.94	2.92	3.05	2.98	2.93	2.74	2.75	2.88	2.93	2.81	2.91	2.97	2.91
Standard deviation	0.75	0.80	0.69	0.79	0.69	0.68	0.69	0.80	0.79	0.74	0.69	0.83	0.74	0.69	0.76
Standard error	0.02	0.03	0.02	0.06	0.04	0.04	0.04	0.05	0.04	0.03	0.03	0.05	0.04	0.05	0.03

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 20

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should see other healthcare professionals, such as physiotherapists, chiropractors or osteopaths**

	Region													Experience of MSK		Employment										
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed	
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784	
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684	
NET: Agree	1242 62%	1065 62%	114 63%	51 63%	137 62%	100 55%	119 66%	87 61%	63 62%	112 56%	173 66%	174 62%	114 63%	769 66%	462 56%	324 67%	174 57%	135 65%	31 59%	101 65%	67 62%	312 59%	97 59%	665 63%	413 60%	
Strongly agree	(4) 15%	307 15%	267 15%	30 16%	14 17%	26 12%	29 16%	32 18%	25 18%	11 11%	29 14%	47 18%	40 14%	25 14%	200 17%	103 12%	73 15%	54 18%	35 17%	10 18%	30 19%	15 14%	59 11%	32 20%	171 16%	89 13%
Tend to agree	(3) 46%	935 46%	798 46%	84 47%	37 46%	111 50%	71 39%	87 48%	62 44%	52 52%	83 41%	126 48%	134 48%	89 49%	569 49%	359 44%	251 52%	121 39%	100 48%	21 41%	71 46%	52 48%	253 48%	65 40%	493 47%	324 47%
Tend to disagree	(2) 17%	341 17%	291 17%	29 16%	12 15%	42 19%	29 16%	26 14%	30 21%	20 20%	42 21%	41 16%	43 15%	26 14%	186 16%	152 18%	64 13%	60 20%	34 16%	11 21%	20 13%	21 19%	108 21%	22 14%	169 16%	128 19%
Strongly disagree	(1) 4%	76 4%	63 4%	12 7%	4 5%	11 5%	4 2%	5 3%	6 4%	1 1%	6 3%	10 4%	11 4%	6 3%	39 3%	37 5%	15 3%	10 3%	7 4%	* 1%	2 1%	3 2%	33 6%	7 4%	32 3%	35 5%
NET: Disagree	417 21%	354 20%	42 23%	16 20%	54 24%	34 19%	30 17%	36 26%	22 22%	48 24%	51 20%	54 19%	31 17%	225 19%	189 23%	79 16%	70 23%	41 20%	11 22%	22 14%	24 22%	141 27%	29 18%	201 19%	163 24%	
Don't know	351 17%	309 18%	25 14%	14 17%	31 14%	48 26%	32 18%	18 13%	16 16%	41 21%	37 14%	53 19%	35 20%	171 15%	173 21%	84 17%	63 20%	31 15%	10 19%	33 21%	18 17%	74 14%	38 23%	187 18%	108 16%	
Mean	2.89	2.89	2.84	2.91	2.80	2.93	2.98	2.86	2.86	2.84	2.94	2.89	2.92	2.94	2.81	2.95	2.89	2.92	2.95	3.05	2.88	2.75	2.97	2.93	2.81	
Standard deviation	0.75	0.75	0.82	0.78	0.75	0.75	0.72	0.79	0.64	0.76	0.76	0.74	0.70	0.74	0.76	0.69	0.78	0.75	0.73	0.68	0.71	0.77	0.81	0.73	0.76	
Standard error	0.02	0.02	0.07	0.09	0.05	0.06	0.06	0.07	0.07	0.07	0.06	0.05	0.06	0.02	0.03	0.04	0.05	0.06	0.13	0.05	0.07	0.03	0.07	0.03	0.03	

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 21

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should seek alternative ways to get better, such as going to the gym or yoga**

	Total	Gender		Age						Social Grade				Employment Sector	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2010	960	1050	238	311	302	388	312	459	579	586	345	500	236	738
Weighted base	2010	985	1025	239	338	338	358	299	438	537	557	438	478	277	849
NET: Agree	739 37%	312 32%	426 42%	129 54%	150 44%	138 41%	127 35%	94 31%	102 23%	224 42%	209 38%	151 35%	154 32%	122 44%	359 42%
Strongly agree	(4) 141 7%	68 7%	73 7%	28 12%	28 8%	33 10%	23 6%	13 4%	16 4%	37 7%	31 6%	36 8%	37 8%	19 7%	81 10%
Tend to agree	(3) 598 30%	244 25%	353 34%	101 42%	122 36%	104 31%	104 29%	81 27%	86 20%	187 35%	178 32%	115 26%	117 25%	104 37%	278 33%
Tend to disagree	(2) 583 29%	296 30%	286 28%	53 22%	88 26%	84 25%	110 31%	90 30%	157 36%	151 28%	162 29%	135 31%	135 28%	75 27%	218 26%
Strongly disagree	(1) 257 13%	163 17%	94 9%	12 5%	25 8%	33 10%	42 12%	51 17%	95 22%	60 11%	54 10%	67 15%	76 16%	22 8%	80 9%
NET: Disagree	840 42%	459 47%	381 37%	65 27%	113 33%	117 35%	152 42%	140 47%	252 58%	211 39%	215 39%	202 46%	211 44%	97 35%	298 35%
Don't know	432 21%	213 22%	218 21%	45 19%	75 22%	84 25%	80 22%	64 22%	84 19%	102 19%	133 24%	85 19%	112 23%	57 21%	192 23%
Mean	2.39	2.28	2.50	2.74	2.58	2.54	2.39	2.24	2.07	2.46	2.44	2.34	2.31	2.54	2.55
Standard deviation	0.86	0.90	0.82	0.78	0.81	0.88	0.84	0.85	0.83	0.83	0.80	0.90	0.92	0.79	0.86
Standard error	0.02	0.03	0.03	0.06	0.05	0.06	0.05	0.06	0.04	0.04	0.04	0.05	0.05	0.06	0.04

## Perceptions of MSK Survey

### ONLINE Fieldwork: 22nd-25th May 2015

Absolutes/col percents

Table 21

**Q8. To what extent do you agree or disagree with each of the following statements about muscle, bone and joint pain.**

**Base: All respondents**

**Those suffering from pain in their muscles, bones or joints should seek alternative ways to get better, such as going to the gym or yoga**

	Region													Experience of MSK		Employment									
	Total	England	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East of London	London	South East	South West	MSK Sufferer	MSK Non-Sufferer	Desk-based job	Manual job	Mixture of manual and desk-based job	On the road	Unemployed	Student	Retired	Other	NET: Employed	NET: Unemployed
Unweighted base	2010	1752	154	89	242	181	199	146	104	170	222	309	194	1211	776	433	272	174	40	202	132	582	175	919	784
Weighted base	2010	1729	181	80	221	181	181	141	101	201	261	281	181	1165	824	487	307	207	53	156	109	528	164	1053	684
NET: Agree	739 37%	622 36%	70 39%	33 42%	71 32%	74 41%	69 38%	43 30%	47 46%	61 30%	117 45%	96 34%	58 32%	445 38%	287 35%	217 45%	119 39%	96 46%	17 32%	52 34%	45 41%	133 25%	60 37%	449 43%	185 27%
Strongly agree	(4) 141 7%	123 7%	8 5%	4 4%	15 7%	13 7%	19 10%	12 9%	9 9%	10 5%	21 8%	23 8%	6 4%	96 8%	44 5%	40 8%	27 9%	28 14%	1 1%	12 8%	5 5%	23 4%	5 3%	96 9%	35 5%
Tend to agree	(3) 598 30%	498 29%	62 34%	30 37%	56 26%	61 34%	50 28%	30 22%	37 37%	51 25%	96 37%	72 26%	51 28%	349 30%	243 29%	177 36%	91 30%	68 33%	16 31%	40 26%	40 37%	110 21%	55 33%	353 33%	150 22%
Tend to disagree	(2) 583 29%	506 29%	55 31%	30 38%	63 28%	43 24%	56 31%	44 31%	22 22%	66 33%	71 27%	85 30%	48 26%	375 32%	201 24%	135 28%	67 22%	60 29%	17 33%	39 25%	33 31%	190 36%	41 25%	279 26%	229 34%
Strongly disagree	(1) 257 13%	219 13%	30 17%	5 6%	32 15%	20 11%	18 10%	24 17%	9 9%	31 15%	26 10%	41 15%	22 12%	159 14%	98 12%	36 7%	35 12%	18 9%	6 12%	19 12%	9 8%	109 21%	25 15%	96 9%	128 19%
NET: Disagree	840 42%	724 42%	85 47%	35 44%	95 43%	63 35%	73 41%	68 48%	30 30%	97 48%	97 37%	126 45%	70 38%	534 46%	299 36%	170 35%	102 33%	79 38%	24 45%	58 37%	42 39%	300 57%	65 40%	375 36%	357 52%
Don't know	432 21%	383 22%	25 14%	12 14%	55 25%	44 24%	39 22%	30 22%	24 23%	43 21%	47 18%	60 21%	54 30%	186 16%	238 29%	99 20%	86 28%	32 16%	12 23%	46 29%	22 20%	96 18%	38 23%	230 22%	142 21%
Mean	2.39	2.39	2.31	2.46	2.33	2.49	2.49	2.29	2.61	2.25	2.52	2.35	2.33	2.39	2.40	2.57	2.50	2.60	2.28	2.41	2.47	2.11	2.32	2.55	2.17
Standard deviation	0.86	0.86	0.84	0.71	0.89	0.85	0.88	0.93	0.85	0.85	0.83	0.90	0.82	0.87	0.85	0.80	0.91	0.88	0.75	0.90	0.76	0.84	0.84	0.85	0.86
Standard error	0.02	0.02	0.08	0.08	0.07	0.07	0.07	0.09	0.10	0.07	0.06	0.06	0.07	0.03	0.04	0.04	0.06	0.07	0.14	0.07	0.07	0.04	0.07	0.03	0.03