



Clinical Musculoskeletal Assessment and Treatment Service CMATS

Patient Information Leaflet

For further information or to change an appointment date please contact CMATS in your area on the following numbers.

CMATS East:
01978 261633

CMATS Ysbyty Glan Clywd:
01745 448788 3994

CMATS Ysbyty Gwynedd:
01248 384240

This document can be made available in other languages or formats upon request. Please contact: 01745 448740 ext 7026

CMATS has been developed to provide an efficient and effective pathway to provide a single access point for all Musculoskeletal (MSK) referrals. The aim of CMATS is to ensure that you are assessed and treated as quickly as possible by the most appropriate speciality/ clinician. This service is for patients over 16 years of age.

Referrals will come into the CMATS triage centre and will be looked at by the CMATS Team. CMATS will make an assessment from the information provided by your GP as to which service will best suit your needs. Your referral will be then be forwarded to the most appropriate speciality, this could be

- Orthopaedics
- CMATS MSK/ Spinal Team
- Rheumatology
- Pain Services
- Therapy Services
- Orthopaedic Lifestyle Programme

Your referral will be sent onto that service and you will be contacted by letter.

The Orthopaedic lifestyle programme has been designed to support and deliver a weight loss and exercise programme for people with hip or knee arthritis requiring a joint replacement. The programme is aimed at those with a BMI of 35 and over to improve health and well being.

The CMATS MSK Team consists of a Clinical Medical Lead, Advanced Practitioner Physiotherapists/ Podiatrists and GPs with a specialist interest in musculoskeletal medicine.

The team has the skills to assess, diagnose, refer for diagnostics and treat complex orthopaedic and MSK problems. These clinics have been set up to provide specialist opinion where there is no clear indication for surgery ; to assess to the following criteria

- Assessment of MSK disorders where diagnosis is uncertain, but serious pathology / condition is not suspected
- MSK conditions which have failed management by their GP or who need a specialist opinion and /or investigation
- Patients with mechanical pain when you are unclear of the diagnosis or ideal referral pathway.
- Complex multi-system presentations

Following your assessment, treatment options will be discussed with you and any appropriate investigations ordered. A letter will be written to your GP informing him/her of your assessment and the outcome.