

## ICP-MSK

# Habit Health Musculoskeletal Integrated Care Pathway

ICP is an MSK programme that works in a collaborative inter-disciplinary way, to ensure patients are getting the care they need at the right time.

## Eligibility for ICP-MSK

Confirmed or suspicious of a diagnosis below:

### Knee

Medial and/or lateral meniscal tear  
Medial and/or lateral ligament rupture  
Anterior cruciate ligament rupture with/without meniscal tear  
Posterior cruciate ligament rupture  
Traumatic patellar dislocation  
Patellar tendon rupture  
Post-traumatic osteoarthritis

### Shoulder

Rotator cuff full thickness tear (rupture)  
+/- Biceps tendon high grade tear  
+/- Traumatic labral tear  
Glenohumeral joint dislocation  
+/- Traumatic labral tear  
AC joint dislocation

### Lower back

Lumbar disc prolapse, or extrusion/radiculopathy

## Referrals

### Inclusion criteria:

- › Knee, Shoulder or Lumbar Spine injury with moderate to high complexity that requires Specialist oversight for management
- › Confirmed Cover (ACC45 or 100 number)
- › Injury within last 12 months
- › Confirmed or suspicious of an 'accepted diagnosis' - see list of diagnosis to the left

## Injuries considered with a date of accident over 12 months

### (ACC cover confirmed)

- › ACL rupture that has been conservatively treated
- › Post-op ACL or PCL referred within 6/52 of surgery
- › Post-traumatic osteoarthritis
- › Dislocation of shoulder