

# EQ-5D-5L in Musculoskeletal Health: A Narrative Review on its Utility and Application

**Sunaina Gupta, MPT Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.**  
**Sandeep Patnaik, Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.**

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Sandeep Patnaik,

Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

E-mail: Physiosandeep94@gmail.com

## ABSTRACT

The EQ-5D-5L questionnaire is a widely used tool for assessing health-related Quality of Life (QoL) across diverse clinical and public health contexts. This assessment tool has been adapted for use in various languages, such as Spanish, French, and Hindi, enabling its application across diverse populations. However, the developers have not explicitly outlined the range of musculoskeletal conditions for which this tool is suitable. This narrative review, therefore, aims to comprehensively evaluate the range of health conditions assessed using the EQ-5D-5L, summarising its application across various medical-surgical and rehabilitative domains related to musculoskeletal disorders. A comprehensive literature search was performed across PubMed, Scopus and Cochrane for full-text articles reporting the use of the EQ-5D-5L in evaluating HRQoL for Musculoskeletal medical conditions, published in the English language between 2019 and 2024. All the relevant articles were included, irrespective of study design and geographical presentation. A total of 4 articles were retrieved from different databases that fulfilled the inclusion criteria and were included for the present review. An analysis of these studies revealed that the findings underscore its value as a generic HRQoL tool while

advocating for integration with disease-specific instruments for comprehensive assessments. Articles suggested its use in chronic diseases like knee osteoarthritis, low back pain, and osteoarthritis of the metatarsophalangeal joint, as well as in evaluations of healthcare interventions. One of the included articles assessed the QoL of the patients, one article assessed the functionality of the patient after the intervention, and the other two articles assessed both. This review concludes that although there are multiple QoL assessment tools that can be used in different conditions, EQ-5D-5L has been considered to be an effective generic health-related QoL tool for various musculoskeletal diseases that helps with the assessment and prognosis documentation of patients. The tool also proved valuable in evaluating patient functionality and the impact of healthcare interventions. However, the findings suggest that the EQ-5D-5L may benefit from integration with disease-specific instruments for a more comprehensive assessment of HRQoL in musculoskeletal conditions.

**Keywords:** Chronic disease, Musculoskeletal disease, Prognosis, Quality of Life, Questionnaires, Surveys.