

# Need help with new or ongoing *muscle, joint or tendon* problem?

We now have an **easy, safe, and effective** way to help you **self-manage musculoskeletal injuries and conditions**.

The **getUBetter** app provides **evidence-based advice** for all common **muscle, joint, and tendon** problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, and soft tissue injury.

**Safe, quick and easy support to recover!**



Powered by  
get **U** better

“★★★★★  
What a fantastic app!  
It gave me all the support I needed to recover at home!”

- ➔ No need to wait for an appointment
- ➔ Supported self-management
- ➔ Instant access to a personalised programme with information, tips and exercises
- ➔ Advice to seek help when necessary
- ➔ Safe and effective
- ➔ Recommended by our physiotherapists



Find out how to **download** overleaf...

## Why should I self-manage?

Most muscle, joint and tendon problems can be self-managed without any specific or specialist treatment. getUBetter allows you to do so, giving you the means to better understanding your health and trust your recovery. The app does not replace the health service but works alongside it to complement and ensure you get the support you need.

## Will getUBetter work for me?

Your physiotherapist or healthcare team may have identified you as someone who could benefit from using the getUBetter self-management app. If you're comfortable using a smartphone, we recommend you register.

## Who is getUBetter for?

Anyone over 18 who requires support to self-manage a muscle, joint or tendon condition or injury.

## What will I get?

- A personalised recovery tailored to how you are feeling
- Day-by-day and step-by-step guidance
- Exercises based on your stage of recovery
- Symptom checker with advice to seek help when needed
- Referral to your local healthcare providers, treatments, and services (GP practice, physiotherapy, or wellbeing services) if needed.



## How to download and use?



- 1** Scan the QR code (use the camera on your phone) to access your local health service.
- 2** Using the **same email address**, create an account on the **getUBetter app**.
- 3** Follow the instructions on the app to receive your **personalised recovery programme**.
- 4** Follow your recovery programme and **get yourself better!**

For more information, please visit: [providephysiotherapy.org.uk/getubetter](https://providephysiotherapy.org.uk/getubetter)