

Do you have a joint or muscle problem?

Please use the **FREE getUBetter app** designed and written by your local clinicians in **Mid Essex**. It offers **local? tips, advice, and exercises** tailored to you and your stage of recovery.

Instant access

Easy to use

Safe and effective

Your healthcare professionals cannot be with you 24/7, but getUBetter can.

Why is self-care important?

Most **musculoskeletal (MSK) injuries and conditions can be treated** at home and get better **without the need for a specialist appointment**. getUBetter gives you the knowledge, skills, and confidence you need to improve your MSK health and lifestyle.

What is getUBetter?

getUBetter is a **safe and effective way to help you self-manage** your injury or condition **at home, work, and on the move**.

The app covers a range of musculoskeletal injuries and conditions...

- Back
- Back & Leg
- Neck
- Shoulder
- Elbow
- Hip
- Knee
- Ankle
- Sprains and strains - leg
- Upper Limb Tendinopathy
- Lower Limb Tendinopathy

...and is designed to help you trust your recovery, live and work well.

Who is getUBetter for?

Anyone 18 or over who needs help with a joint or muscle problem.

What will I get?

Instant and 24/7 access to a personalised programme

Easy-to-follow self-progression exercises

Daily tips and local guidance from day one

Advice on where to seek help when needed

Access to local treatments and services

What are the next steps?

- Follow the link to access your local health service, then select your GP practice, as well as the condition you'd like support with. Enter your email.

<https://app.getubetter.com/request-access/1/afda332245e2af431fb7b672a68b659d>

- Download the getUBetter app and sign up using the same email address.
- Follow the instructions in the app to access your local support pathway.
- **Log in and follow your programme regularly** to improve your MSK health.

If you need further help getting started, watch our videos (GetUBetter get started, GetUBetter How it works) or get in touch with one of our team:
contact@getubetter.com

optional additional text to use below:

The app is not suitable for:

- Under 18-year-olds
- People with worsening neurological symptoms like numbness, weakness, or problems with bowel or bladder.
- People diagnosed with an infection, rheumatological problems, neurological issues, cancer, kidney, fracture, and pelvic organ pain.
- People that are requiring an ongoing close medical attention.
- People with very severe, worsening symptoms
- Pregnancy-related problems.