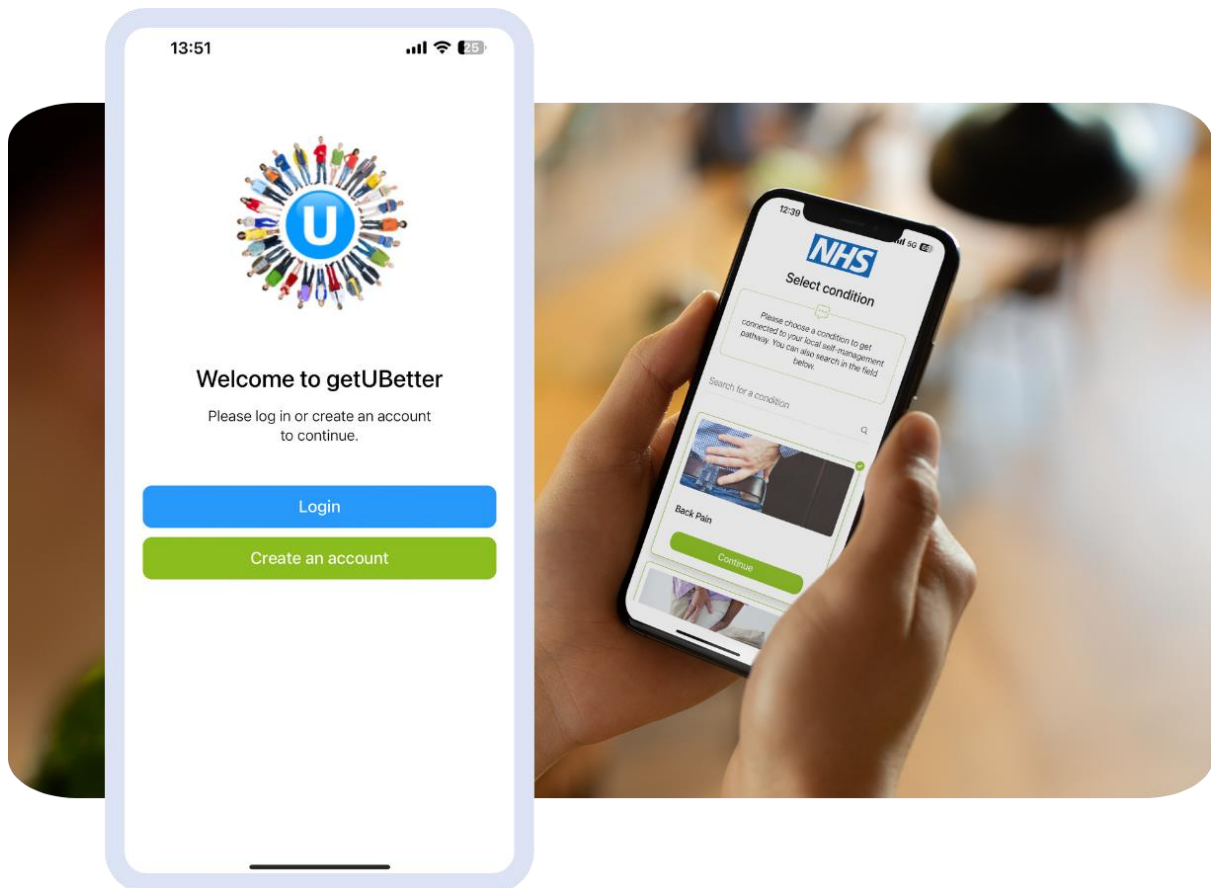


GetUBetter App

getUBetter app – to support you to self-manage all common muscle or joint conditions.



Working in partnership with the NHS, [getUBetter](#) is a free app designed to provide you with the knowledge, confidence, and skills to self-manage all common muscle or joint conditions. It is designed to be used alongside the health system and therefore will signpost you back into the system if you need additional review.

It is suitable for 80% of muscle or joint conditions, which includes new, ongoing or returning muscle or joint conditions. If you are already on a waiting list for treatment, it can support you while you are waiting.

The app covers a range of musculoskeletal injuries, these include:

- Back
- Back & leg
- Neck
- Shoulder
- Elbow
- Wrist
- Hand
- Hip
- Knee
- Ankle
- Foot
- Lower limb tendinopathy
- Upper limb tendinopathy
- Sprains and strains

What will I get?

- Instant and 24/7 support
- Easy-to-follow exercises
- Support to recover, live, and work well
- Help when waiting
- Advice on when to seek help
- Approved by your clinicians
- Access to local treatments and services
- Support before and after surgery

What are the next steps?

1. Download the getUBetter app:

- Download here [getUBetter App](#) or, to use with a computer/laptop, go to www.getubetter.com

2. Create your account:

- Enter your postcode, select your GP practice, and enter your details to create your account.

3. Choose your condition:

- Select your condition and follow your personalised and targeted recovery pathway.

What languages are available?

Users of the app can turn any text into audio in the following languages:

- Arabic
- Bangla
- English
- Farsi
- Gujarati
- Polish
- Portuguese
- Punjabi
- Romanian
- Somali
- Spanish
- Ukrainian
- Urdu
- Welsh

If you need support

- **If you need help with the app or getting started**, find more information on the [getUBetter website](https://getubetter.com) or get in touch with one of our team: contact@getubetter.com
- **If you do not have access to the internet or have a smartphone**, then your GP Practice can print you a page of exercises to follow for the body part you are experiencing pain with.