

Do you have a joint or muscle problem?

Please use the **FREE local getUBetter app** approved by your clinicians in **South East Essex**. It is provided alongside your NHS care and 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 will 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	Wrist
Hand	Hip	Knee
Ankle	Foot	Upper Limb Tendinopathy
Lower Limb Tendinopathy	Sprains and strains	

...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 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

You can download the app through this link

<https://app.getubetter.com/request-access/1/92fb0c6d1758261f10d052e6e2c1123c>

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.

If you need further help getting started, watch our **videos** or get in touch with one of our team: contact@getubetter.com