



Do you have a **joint** or **muscle** problem?

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

SCAN ME



BHR

- ✓ **Instant** and **24/7 access** to a personalised programme
- ✓ Easy-to-follow **self-progression exercises**
- ✓ Daily **tips** and **guidance** from day one
- ✓ **Advice** on where **to seek help** when needed
- ✓ **Access to** local **treatment** and **services**



Self-care at **home,** **work,** and **on the move.**