

Do you have a joint or muscle problem?

Please use the **FREE getUBetter app** designed and written by your local clinicians in Birmingham and Solihull. 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	Knee	Back & Leg
Shoulder	Elbow	Sprains and Strains – Leg
Hand	Hip	Lower Limb Tendinopathy
Ankle	Foot	Upper Limb Tendinopathy
Neck	Wrist	

...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 either the link provided by your waiting list letter, QR code or go directly to the app store to download the getUBetter app.
- Once the app has been downloaded, type your postcode, select your MSK service and create an account.
- 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 ([How To: Get Started on Vimeo](#)).

The app is not suitable for the following (please contact your GP practice):

- 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