



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

These problems are known as **musculoskeletal** (MSK) **conditions**, and may range from minor injuries to long term conditions.

Please use the **FREE getUBetter app** designed and written with Camden MSK clinicians. It offers **local tips, advice,** and **exercises** tailored to you and your stage of recovery.

Scan me



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

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