



The **Gloucestershire MSK app** (powered by getUBetter) is provided free of charge by Gloucestershire ICS for patients registered at **Minchinhampton Surgery**.

It can be accessed on a smartphone or via the internet, and guides you day-by-day through a sequence of exercises and tips to help you recover from a range of **new** or **recurrent** musculoskeletal conditions, including:

- Lower back pain
- Back and leg pain
- Neck pain
- Shoulder pain
- Ankle pain
- Knee pain
- Soft tissue lower limb pain
- Hip pain

You can be referred to the app by your GP or physio, or you can self-register by clicking on [this link](#).

You can download the **Gloucestershire MSK app** to your smartphone for easy access or use the Webapp. The app will also connect you to local treatments, healthcare providers, and support services if needed, such as physiotherapy.

Please use an email address that is unique to you and select the condition you need help to manage. If you develop another condition, select your new condition from within the app and it will be added to your account. You will then be sent an email with all the information you need to get started.