

What is SelfBack?



Self-management

Knowing how to effectively manage your low back pain is key to recovery, but without the proper help and guidance it can be difficult to get started and stay on track.

Self-management of low back pain enables you to actively control your symptoms using practical techniques, helping you to effectively manage your condition on a daily basis.

SelfBack is an evidence based self-management app designed to help you with your low back pain.

What does SelfBack provide?



An exercise plan designed to improve strength and flexibility, promoting consistent progress in your physical well-being.



A toolbox with techniques for self-management and educational articles written by leading experts.



An activity overview to track your journey towards better back health with fun achievements.



Timely helpful messages to help you stay on track with your program.

Backed up by research

The SelfBack app is the result of an extensive research project funded by the European Union, launched in 2016 working together with leading scientists and universities in Denmark, Norway, and the UK.

SelfBack isn't just another app. It's grounded in rigorous scientific research aimed at effectively helping people with low back pain.

The scientists conducted research in Denmark and Norway with over 400 participants, with those who used SelfBack reporting it to be helpful.

Always available

The SelfBack app is designed to always be available, ensuring you can start your training whenever you're ready and wherever you are.

It may take 15-20 minutes to answer all the initial questions in the app. It is important to take this time, to answer the questions accurately so that the messages, exercises and advice are specific and suitable for you.

SelfBack works by using the information you provide to generate what it gives you, which is why being honest and accurate in your answers is so important.

With just your smartphone and an internet connection, you can access your plan at any time. This means you can train in the comfort of your home, at a park, or even while travelling – wherever suits you best.

SelfBack puts your back health in your hands, allowing you to train flexibly and effectively on your own terms.

Support

Are you experiencing issues or do you have a question? Don't hesitate to contact us.

Phone: +44 800 028 8682 (UK charges apply)
E-mail: support@selfback.dk