

Coming Soon

MPFT MSK Physiotherapy and Pain Services: SelfSTarT

This project is funded by Staffordshire and Stoke on Trent Integrated Care System until the end of December 2024 to help people with back pain self manage their condition

SelfSTarT is a combination of STarT Back Score and the SelfBACK App- both rigorously tested in rcts.



Sign up to try SelfBack - and we will send you an e-mail with your unique activation code:

<https://www.selfback.dk/en/nhs>

We have offered it locally through FCPs who really valued the app. It was taken up by 50% of those it was offered to.

This approach significantly enhances patients ability to self manage their back pain.

Training coming very soon to enable you to offer the app to your patients.



Patients describe it as 'like having a friend in your pocket'

STarTBack

SelfBack