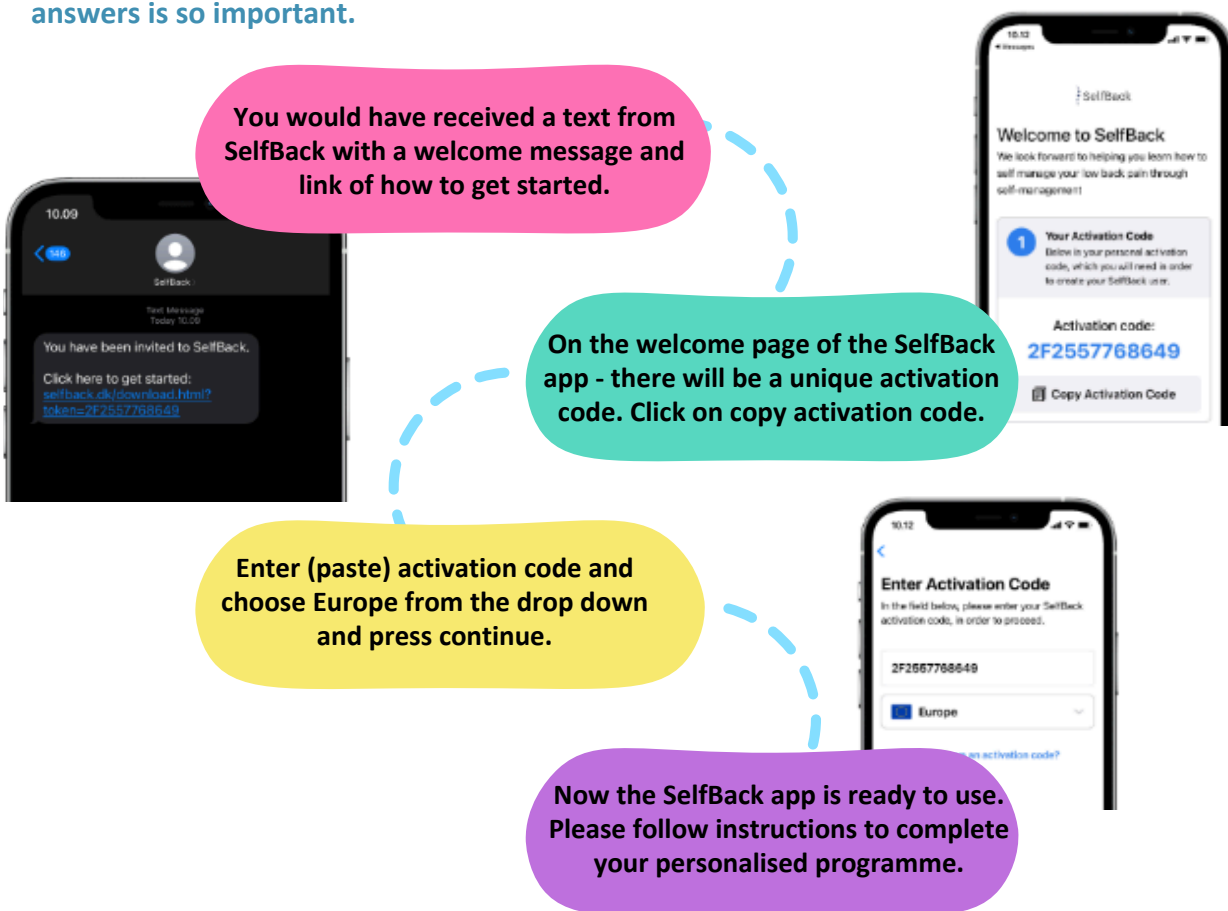


## SelfSTarT: Physiotherapists enhancing the care of patients with back pain using a digital solution- SelfBack app

The benefits of using the SelfBack app have been discussed with you during your Physiotherapy appointment. You have agreed to use this app at home to support you in managing your back pain. The SelfBack app will give you an individualised exercise programme, helpful advice and education on how best to manage your lower back pain and send you messages to keep you motivated. It will also measure how you are progressing.

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.



Please call us within 3 months if you have any questions regarding your lower back pain. If you feel your condition is worsening please discuss this further with a health care professional.

North Staffs and S-O-T - 0300 124 5024 Option 2  
 Cannock and Stafford - 0300 373 0954  
 East Staffordshire - 0300 323 0930  
 Lichfield and Tamworth- 0300 303 5165  
 Seisdon - 01902 846 955

SelfBack app – if you need help/support using the app or if the app is not working please contact the team on: Tel: +44 800 028 8682 (charged at local call rates) or email [support@selfback.dk](mailto:support@selfback.dk)