

Do you have low back pain?

“Self Start your back pain recovery”



Ask your physiotherapist about “SelfSTarT” to decide together the best treatment to help you manage your back pain

Ask your physiotherapist about using the Selfback app on your mobile phone, which provides advice and support, including specific exercises for you to use on a day to day basis in a way that fits in with your life



Patients describe it as *‘like having a friend in your pocket’*

Available for free through your Physiotherapy and Pain Services until December 2024

