

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 a
mobile phone app 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**

STarTBack

SelfBack