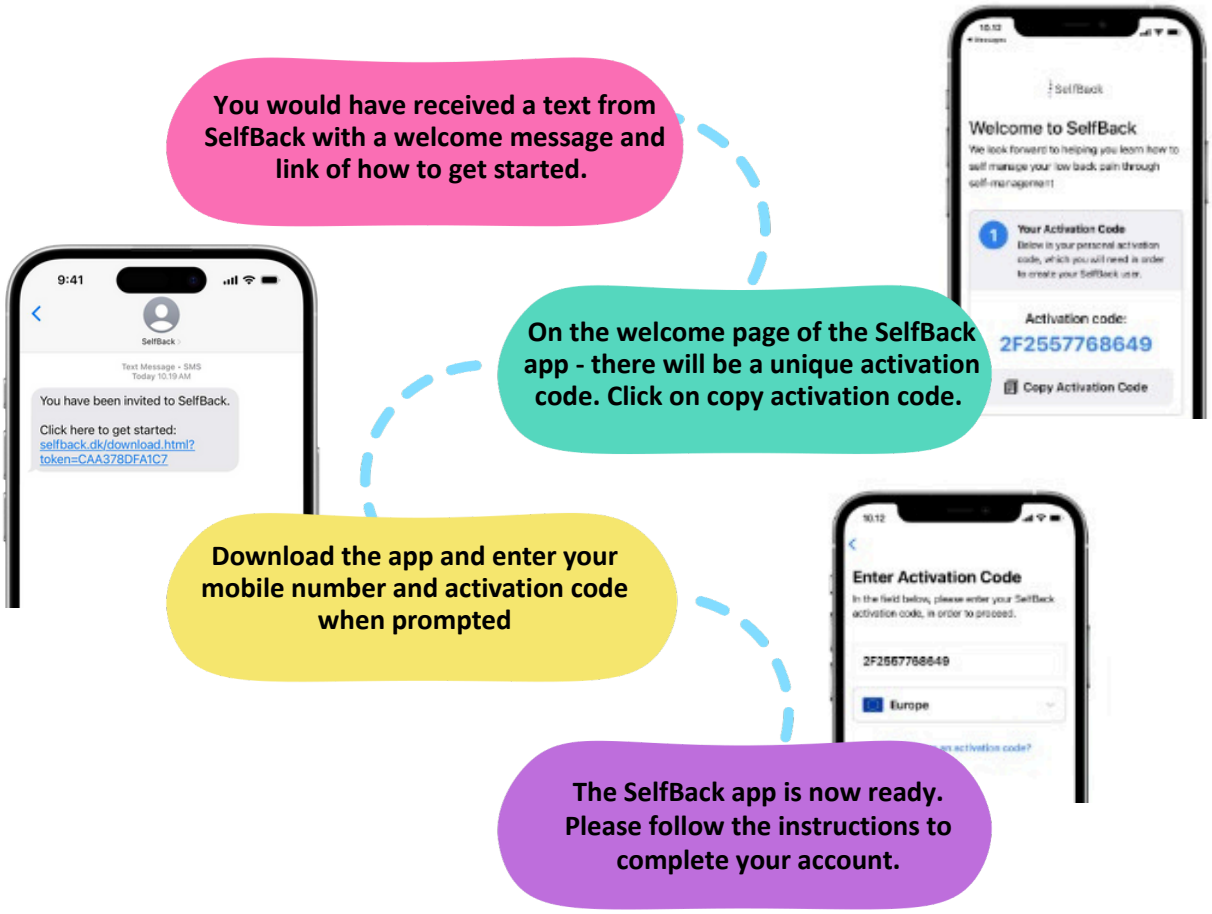
Enhancing the care of patients with back pain using a digital solution- SelfBack app

We're pleased to inform you that you've been selected as a great candidate for our SelfBack program to help manage your back pain. The SelfBack app will give you an individualised exercise program, 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.



We're confident that SelfBack will be a valuable resource for you. However, if your condition hasn't improved within this four-month period, or if it worsens at any point, please don't hesitate to get back in touch with us by calling 0333 0433 966. We'll be happy to review your progress and discuss further options.

SelfBack app – if you need help/support using the app or if the app is not working please contact the team between 0900-1700hrs (Mon-Fri) on: Tel: +44 800 028 8682 (charged at local call rates) or email support@selfback.dk