**Do you have hand pain?**

getUBetter, our local support app for common muscle and joint problems, now includes guidance for hand injuries and conditions. The app provides local support, personalised tips, advice, and exercises tailored to you. It also includes support for conditions like Carpal Tunnel, De Quervain’s, Osteoarthritis, with Dupuytren’s Contracture and Trigger Finger to be added soon.

What you'll get:

* 24/7 clinician-approved support
* Easy-to-follow exercises
* Guidance to help you recover, live, and work better
* Support while you're on a waiting list
* Advice on when to seek professional help
* Access to local treatments and services

Start improving your health today: [getUBetter - getUBetter App](https://app.getubetter.com/go-to-app?url=request-access-preselection/request-access-preselection/c0c7c76d30bd3dcaefc96f40275bdc0a)

