

GP Practice Webpages – myrecovery

Need help with your joint or muscle pain? Download the free myrecovery app today!

If you are registered with a GP Practice within Shropshire, Telford and Wrekin, you can access the free myrecovery app to help you manage your joint or muscle pain.

The myrecovery app has been created for you in partnership with healthcare professionals from across Shropshire, Telford & Wrekin, and provides information, support and encouragement to help you take control of your health.

You can download the app on a smartphone or tablet to help you with new or recurrent musculoskeletal conditions including:

- Hip Pain
- Knee Pain
- Shoulder Pain
- Elbow Pain
- Foot & Ankle Pain
- Lower Back Pain
- Neck Pain

The app offers a range of key features including:

- Videos and articles to help you understand, manage and improve your condition
- Tailored exercise programmes
- Information about local services and how to access them
- Short surveys to track your progress
- Information and guidance to help improve your overall health and wellbeing



How to sign up

Click this link to register - [‘Register here’](#)

You will need to provide your NHS number and date of birth to set up your account. If you don't know your NHS number, follow this link – <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

If you develop a new condition, you can re-register for the app to access additional support.

