



**Do you suffer
with hand or arm
pain which affects
your everyday life?**

**Would you like to take part in a trial which
may give you the opportunity to use an app
to help manage your symptoms?**

D-MAPP is a digital app designed
to support the self-management of
hand, wrist, arm and elbow pain.



If you are over 18 and interested, please get in touch

Visit: ctr.u.leeds.ac.uk/dmapp **Email:** ctr.u.d-mapp@leeds.ac.uk

