



Mid and South Essex  
Integrated Care  
System



Mid and South Essex

# Need help with a new or ongoing muscle, joint or tendon problem?

**Get your free local support app today!**



## Support for:

- Back
- Back and leg
- Neck
- Shoulder
- Hip
- Knee
- Ankle
- Soft tissue lower limb injury

**Scan the QR code below, register on your practice website or ask your GP practice team**



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