

Do you have muscle or joint pain?



Most muscle and joint problems start to improve within 6 weeks with good self-management.

Download the Circle Integrated Care (CIC) app today for:



Helpful exercises



Trusted health advice



Support to manage your symptoms at home

The app also gives you easy access to information about CIC MSK services in your area.

Download now:

circleintegratedcare.physiapp.com



Visit cic.circlehealthgroup.co.uk/looking-after-yourself for more information