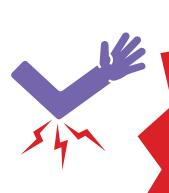


Digital – My Arm Pain Programme (D-MAPP)



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: ctru.leeds.ac.uk/dmapp Email: ctru.d-mapp@leeds.ac.uk













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