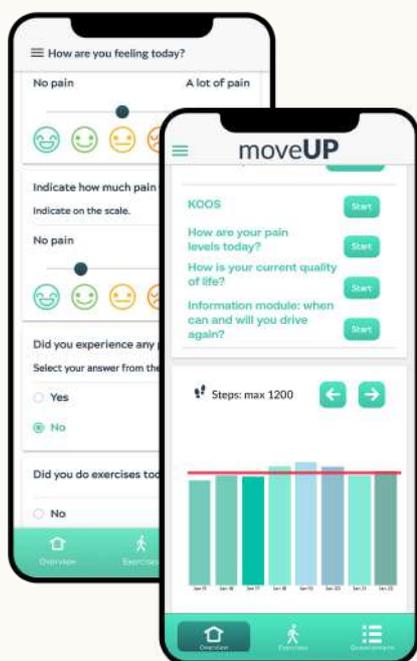


Are you preparing for a hip or a knee replacement?

Prepare for and recover from your surgery with ongoing clinical supervision in the comfort of your own home! moveUP offers daily expert advice and support during your entire patient journey. Starting before the surgery until you are fully recovered. Complications are picked up early, preventing worsening or even readmission. You will receive a full care package to safely recover at home. Together we will get you back to your daily activities!



With the help of our moveUP app and activity tracker you will receive:

- Tailored activities and exercises
- Information at the right time
- Check-ups with the help of videos and pictures
- Review of your pain medication
- Personal coaching

The care is provided by a physiotherapist together with your surgeon.

How moveUP helps you back on your feet



Scan the QR code to look at a short video or visit: moveup.care/video-uk



Daily follow-up with the moveUP app



Personal exercise programme

Every day you receive a schedule of exercises to complete. We adjust this schedule daily based on your individual progress the day before.



Information & education

You receive regular information relevant to you for that particular step in your recovery process.



Messenger function

Communicate directly with your care team to seek advice or raise concerns about your recovery.

Your patient journey

You are supported from the moment your surgeon offers you hip or knee replacement, until you are fully recovered and ready to pick up your daily activities again. For more information, please visit our website.

moveup.care/video-uk



Recover from your surgery with moveUP

Get in touch for advice on how to start today to optimise your recovery journey. Typically, patients start using moveUP 2 weeks prior to their surgery and you can sign up either with your surgeon or directly with moveUP.

www.moveup.care

Email: UK@moveup.care

Telephone: 020 8191 7813

Safety and compliance

moveUP is a CE marked registered medical device, assuring its safety and effectiveness. moveUP has also received several quality marks that guarantee your safety and data privacy.

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