

Virtual Knee School and getUBetter: working together to benefit patients video transcript and acknowledgement

Video transcript

Jenny: Hi I'm Jenny, I'm the Chief Clinical Officer at getUBetter. We're pleased to share our collaborative project we've been working on to enhance our perioperative support.

Anna: Hi, I'm Anna, I'm a physiotherapist working as a researcher at the University of Leeds. We've previously carried out a research project funded by Health Education England and the National Institute for Health and Care Research to develop a new website called the Virtual Knee School. The Virtual Knee School provides information and an exercise plan to help patients prepare for having a knee replacement. The findings suggest the Virtual Knee School could be helpful for patients, but more research is needed to confirm that. Unfortunately, research often takes a long time, and both patients and professionals suggested that, as well as looking into carrying out further research of the Virtual Knee School, we should try and make it available to patients. But it can often be difficult for research teams to put digital tools like the Virtual Knee School into practice, and that's where getUBetter come in.

Jenny: getUBetter provides digital self-management support for all common musculoskeletal injuries and conditions, and we currently support 40% of the Integrated Care Systems in England, so many patients and health professionals are already used to using the

getUBetter app. getUBetter is really excited to be working with the amazing team at Leeds University to add the Virtual Knee School self-management programme onto the getUBetter platform. It will sit alongside our existing MSK and orthopaedic periop packages, benefitting both the patients and the NHS.

Anna: Our work together will also provide a good platform for future research of the Virtual Knee School, and we have support in place for that through the Leeds HealthTech Research Centre, funded by the National Institute for Health and Care Research.

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