Helping you manage your joint pain

ESCAPE-pain is an evidence-based programme

What to expect...

- **6 weeks long**
- **Twice weekly**
- **1 hour sessions**
- **15-20 minute discussion**
- **Tailored exercises**

Programme aims

The programme will help you:

- Carry out normal activities
- Manage your symptoms
- Become more active
- Continue to exercise

Types of exercise

Apart from general exercises the programme will contain specific exercise routines, such as:

- **HIP EXERCISES**
- **KNEE EXERCISES**

How you will develop

The programme will allow you to become more confident in dealing with your joint pain for the long term by helping you learn techniques for avoiding the Vicious Cycle.

What you will learn

- How to safely exercise & pace yourself
- Tips from other people with the same condition
- Advice on healthy eating
- Setting personal goals
- Remaining positive
- Managing flare ups

What participants tell us

90% of participants surveyed were satisfied with the service and participants were more optimistic following the programme.

Participant testimonials

- I know my knees are stronger because of the work on my muscles and I intend to carry on with the exercises and gym work.
- I have benefitted 100% from the class. My right knee is much improved and I have a training programme to help me with the rest of my life.
- It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis.

Chronic joint pain affects over 8.75 million people in the UK.

This can be influenced by...
1. Genetics
2. Age
3. Joint abnormality
4. Gender
5. Injury or surgery
6. Weight
7. Occupation

By exercising you will gain...

- Physical
- Psychological
- Social

...benefits

Overactivity

Prolonged rest

Pain

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