Helping you manage your low back pain

ESCAPE-pain for backs aims to provide you with the skills and techniques to self-manage your back pain.

### 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

### How you will develop
The programme will allow you to become more confident in dealing with your back 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**
- **Healthy lifestyle advice**
- **Setting personal goals**
- **Remaining positive**
- **Managing flare ups**

### What participants tell us
99% of participants said they would recommend the programme to friends and family.

### Types of exercise
Apart from general exercises, the programme will contain specific exercise routines, to help strengthen the back.

### Participant testimonials
- **It’s been good for my mental health to be more active. I’m more confident to add more exercise in my lifestyle now.**
- **I have received the tools and knowledge to understand that it is not just rest that I need for my pain but also activity and exercise.**
- **When I started I could only walk for 10 minutes before the pain started. I can now walk a lot further and I donot need to stop.**