escape pain

Helping you manage your joint pain

ESCAPE-pain is an evidence based programme

What to expect...

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

Programme aims

The programme will help you:





Carry out normal activities Manage your symptoms



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Become more active Continue to exercise

Types of exercise

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









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
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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



What participants tell us

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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

St George's

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

Overactivity

Pain

Prolonged rest

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ESCAPE-pain Online

www.escape-pain.org

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