

# Josephine's story

Josephine was suffering with chronic pain in her knees and referred into the ESCAPE-pain programme. Until then she managed her pain with painkillers and steroids regularly, taking steroids every six hours. Josephine was too nervous to exercise on her own and didn't feel that she knew which exercises to do. She worried that if she exercised she might fall and break a limb, leaving her in an even worse state than she already was.

Josephine started the classes and found that she was offered advice and shown how to do exercises, so she could be confident she was doing them correctly. She was reassured by the facilitator that moving was key and would not cause harm. It 'took [her] mind off the pain'. She also noticed how other participants started taking the stairs instead of the lift to and from the class.

The programme has had a big effect on Josephine's life. She has stopped using steroids, and feels more confident in exercising and knows what to do to feel better. She incorporates exercise into her daily routine now (rain or shine!) and no longer has pain in her knee.

"I now feel healthier and happier and want to keep moving all the time."

