

Peter's story

Peter, 77, was suffering with spondylosis. Pain was having such an impact on his life; it had come to a point where standing for longer than a minute or walking more than 50 meters felt nearly impossible. Hobbies that once brought great joy, felt out of reach.

Before retirement, Peter had served as a police officer for 28 years, accustomed to a busy lifestyle, he was struggling with being less active and felt that he would need to quit his main hobby (Archery) due to the difficulty and pain felt when retrieving his arrows.

Peter's physiotherapist referred him into the ESCAPE-pain for backs programme. After completing the programme, Peter feels strong enough to continue Archery and has joined the gym to keep up with exercise.

Peter says, "The ESCAPE-pain programme has been brilliant and I'm honestly disappointed it's come to an end. Doing the exercises with people experiencing the same kind of issues has kept me motivated, it's a group effort and the trainers explain everything very well.

Who would have thought me at my age would be using the gym, but I am and I feel better for it, my back isn't as tight and I can walk further, still with a stick but in less pain.

I would recommend this programme for anyone with a back problem."

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Peter attended the ESCAPE-pain for backs programme at East Riding Leisure, Bridlington