Enabling Self-management & Coping with Arthritic Pain using Exercise

Programme aims
The programme will help people to:

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

How it works
- 45 and over
- Hip or knee pain
- 12 sessions
- Group exercise and advice

Supported by
- British Society of Rheumatology-best practice award 2016
- Royal Society of Public Health award 2015
- Endorsed by QIPP

Benefits and savings

| £1,511* Savings per person | Costs around £237 * per person | Inexpensive to set up and run | Benefits sustained up to 30 months |

Location
ESCAPE-pain can be delivered anywhere: hospitals, leisure centres, gyms, etc. It can also be delivered direct to staff to improve health and well-being.

Health benefits

- Improvements in pain & physical/mental wellbeing
- Increased self confidence
- Less reliance on medication
- Reduced need for surgery

Participant satisfaction
90% of participants were satisfied with the programme and more optimistic about their condition

I have a training programme to help me with the rest of my life
It has given me the confidence to exercise
I intend to carry on with the exercises and gym work

Interested in providing ESCAPE-pain? Contact us!

escape-pain.org
hello@escape-pain.org
@escape_pain
ESCAPE-pain online & app

*2016-17 prices. **Cost varies based with staff delivering the programme: B4+B6 - £237, B4+B5 - £215, B6 only - £132, Fitness Instructor - £83
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