

# Anne's story

Anne, 68, was living with osteoarthritis and found that it was taking an enormous toll on her daily life. She was unable to complete every day tasks without asking for help from family and friends.

Anne was taking medication to ease the pain enough to enable her to spend time with friends and family, and to be able to play with her grandson.

Anne was referred to the ESCAPE-pain programme and found that she gained the knowledge and confidence to exercise safely. "We learnt how to safely exercise and how to pace ourselves, and how the exercises were strengthening all our various muscles"

Anne feels that her life has changed significantly since completing the ESCAPE-pain programme and continues to do the exercises.

"My life has significantly changed since I completed the course and continue to do the exercises, as I no longer have any pain and live a very active life.

"We learned how to safely exercise and how to pace ourselves."



Anne attended the ESCAPE-pain programme at Bilton Lane delivered by North Yorkshire Sport.

Associated with

**VERSUS  
ARTHRITIS**

**escape** pain

**NHS**