

Ray's story

Ray, 66, was suffering with knee pain so much that it was affecting his everyday life. Despite not wanting to, Ray found himself taking medication regularly to cope with the pain.

When Ray was referred into the ESCAPE-pain programme, he was sceptical. He didn't believe it would work for him, but decided to give it a try anyway.

Not only did Ray complete the ESCAPE-pain programme, he credits it with changing his life entirely. He now feels more able to do things he couldn't or wouldn't risk doing previously.

In Ray's words, "I thought that it's never really going to work. But in actual fact, I can honestly say that it [ESCAPE-pain] did work, and I'm here living proof of that.

I'm doing things now that I wouldn't normally do, we now walk further each day. I don't think anything now of going for a 3- or 4-mile walk. I wouldn't have dreamt of doing that before this.

It has changed my life entirely."

"I can honestly say that [ESCAPE-pain] did work, and I'm here, living proof of that."



Ray attended the ESCAPE-pain programme at Budleigh Salterton Community Hospital HWB Hub.

Associated with

**VERSUS
ARTHRITIS**

escape pain

NHS