

# Nicholas' story

Nicholas was experiencing joint pain in both his hip and knees which he was sometimes finding to be debilitating. He wasn't able to get on with day-to-day life, he couldn't do the gardening nor the house work, and would struggle to stand up for very long.

Nicholas was referred to the ESCAPE-pain programme and sent details about what the programme involved. His first reaction was "I'm a bit allergic to gyms, I don't like sports". However, once he started attending the classes he enjoyed doing them. The facilitators were very encouraging and they were subtle about pushing him a bit further every time.

After completing the programme, Nicholas acknowledged that whilst he wasn't pain free, he did find that his joints were moving more easily which meant he could do more. He is now able to climb the stairs at home whereas before he would sometimes have to crawl.

Nicholas feels that he has been given lots of information about how to continue exercising at home and knows what to do next. He has also recommended the programme to his wife.

"I found that I was moving more easily."



Nicholas attended the ESCAPE-pain programme at King's College Hospital, London

**VERSUS  
ARTHRITIS**

escape pain

**NHS**