

ESCAPE-pain for backs

Information for Referrers

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# What is ESCAPE-pain for backs?

ESCAPE-pain for backs is a group rehabilitation programme for people with non-specific low back pain, that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. ESCAPE-pain for backs was borne out of the evidence-based ESCAPE-pain programme for knee and hip Osteoarthritis. For more about both programmes: <http://www.escape-pain.org>.

Classes are run by a physiotherapist or exercise professional and delivered over 12 sessions (2 classes per week over 6 weeks). Each class integrates education and exercise:

Exercise regimen (~40mins):

circuit-type, individualised and progressive

Educational session (~20mins): facilitated group discussion on self-management and coping strategies

# Benefits

* Reduces pain
* Improves physical function
* Improves mental well-being, self-confidence and self-esteem
* Reduces healthcare and utilisation costs

# Participant criteria

* Aged 18 years or older
* Chronic non-specific Low Back Pain for >3 months or recurrent episodes
* Identified as medium risk using STarT Back\*
* Needing a supervised exercise programme
* Independently mobile and able to carry out regular exercise
* Available to attend classes for 6 weeks

# Referrals

Insert referral information, for example:

We will need a GP referral to Therapy Services / Physiotherapy. Once we receive the referral, we will contact the patient to agree on a suitable class



**[Organisation Name]**

[Class Venue]

[Phone]