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

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.

Benefits and savings

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<td>£1,511* Savings per person</td>
<td>Costs around £237 * per person</td>
<td>Inexpensive to set up and run</td>
<td>Benefits sustained up to 30 months</td>
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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
- I intend to carry on with the exercises and gym work
- It has given me the confidence to exercise

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