ESCAPE-pain in the leisure sector

Enabling Self-management & Coping with Arthritic Pain using Exercise.

A health and wellbeing programme that can help people live better lives as well as creating business opportunities for you.

How it works:
• Hip, knee and back pain
• 12 sessions over 6 weeks
• Group exercise and advice

Referrals from:
• Health professionals (GPs, Nurses, Physiotherapists)
• Exercise on referral
• Social Prescribers
• Self-referrals

ESCAPE-pain provides CIMSPA CPD points

Recent Awards
• Self-Care Innovation Award 2021
• Health Service Journal Best Musculoskeletal Care Initiative 2020
• ukactive Specialist Training Programme 2018

Interested in providing ESCAPE-pain?
Contact us!

escape-pain.org @escape_pain
hello@escape-pain.org

How it works:

Provider benefits
• Delivering an evidence-based, award winning intervention
• Inexpensive to set up and run
• Revenue generating – participants join other classes, use cafe etc
• Skilling up your workforce
• Form partnerships with local health providers
• More efficient use of resources as classes can run in off-peak times

Participant benefits
• enjoyment
• increased physical activity
• reduction in pain
• improved quality of life
• increased confidence, independence and function
• improved socialisation

“ESCAPE-pain is in high demand. We receive 40 referrals a month from GPs and physiotherapists. Of those who complete the programme, 70% join other ‘Healthiness’ programmes.”

Susannah Arrowsmith, CEO and Founder, Healthiness

“It is a great physical activity intervention... when you get it right, you can integrate people in [to the leisure centres].”

Chris Shipway, Area Healthy Communities Manager, Places Leisure

Orthopaedic Research UK
NHS