

Information for Referrers

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# What is ESCAPE-pain?

ESCAPE-pain is a group-based, rehabilitation programme for the management of osteoarthritis of the knee or hip. It is available widely across the UK and is supported by NHS England and hosted by the Health Innovation Network. The programme has attained multiple awards and endorsements: <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:

Educational session (~20mins):

facilitated group discussion on self-management and coping strategies

Exercise regimen (~40mins):

circuit-type, individualised and progressive

# Benefits - supported by clinical evidence

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

# Participant criteria

* Aged 45 years or older
* Chronic joint pain for at least 3 months
* 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]