






ESCAPE-pain Support Tools

	<p>Android and iOS app</p>	<p>Available free of charge - the app consists of education and exercise videos to help you manage your joint pain.</p>	 
	<p>ESCAPE-pain Online</p>	<p>Available free of charge - this is a web-based version of the app. It is best viewed on a computer and is accessed via the ESCAPE-pain website https://escape-pain.org/ESCAPE-pain-Online. You don't need a smartphone to use it.</p>	
	<p>Website</p>	<p>https://escape-pain.org/</p>	

These support tools are provided for reference only. They are not to be used as the sole basis for treatment, prescription and care of your condition and health. They should be used in conjunction with the advice and professional judgment of your GP or healthcare practitioner.

Top tips for getting the best out of the ESCAPE-pain support tools

We recommend the app or ESCAPE-pain Online for people who wish to follow a structured exercise programme that can track their progress.

1. The app/ ESCAPE-pain Online is a structured programme which requires you to complete two sessions per week over six consecutive weeks. You can only progress to week two when a full week has passed since you created your account.
2. Because the clock starts ticking for week one as soon as you register an account, only register your account when you are ready to start the programme.
3. The programme will ask you to complete a set of questionnaires when you register, before you complete session one. In week six, you will be asked to complete the second questionnaire. It is important to complete the questionnaires in full to get an accurate recording of any progress made.
4. There are 12 sessions in total. Each session has an education video and a selection of exercises.

5. The exercises can be completed at home or in any other suitable space. Each of the exercises has a demonstration video with written and spoken instructions.
6. Each exercise video has a timer so you can countdown the time spent doing the activity. You have the option of choosing a one or two-minute countdown in most cases. Some exercises will provide the option of a 5-minute timer.
7. Once you have completed each exercise you will be prompted to either enter in the number of repetitions you were able to complete or confirm that you have finished the activity.
8. The programme only prompts you for the repetitions of one joint/side so choose the joint/side that is giving you the most difficulty. This does not mean you cannot do the exercise on both sides, just that the programme won't ask you to record both sets of repetitions.
9. You can select the '**RESET PROGRESS**' button at any time. This feature allows you to repeat the programme from the start. It will clear your exercise repetitions and questionnaire data and begin the programme again from week one.

Please note: To access either ESCAPE-pain Online or the app you will need to create an account. These two tools are interlinked and therefore your username and password will apply to both applications. The systems are not able to recognise if you have previously attended a face-to-face ESCAPE-pain class.

If you would prefer not to use a structured programme we have made the exercise and education videos freely available on our website, so you don't need to create an account to view them.

1. The [exercise videos](#) are designed so that the exercises can be done in a home setting using everyday household items like chairs or steps. They are simple and easy to follow with audio instructions. There are sixteen different exercise videos. You do not have to do them all, choose a few you find easy, then add or drop exercises as you feel able. On this page you will also find our top tips on how to exercise safely in your home.
2. The [educational videos](#) can be viewed at any time to learn more about your joint pain. They give simple advice and information to help you learn about to better manage your condition.

Please feel free to leave a review of your experience of using the ESCAPE-pain support tools. This will help to inform future improvements.

Please find the relevant application and follow the bellow steps to review the ESCAPE-pain online programme:

iPhone

- On your iPhone, tap the iOS app store icon;
- Once the app store opens to the Featured page, tap the Search icon at the bottom of the screen.
- In the search bar, enter ESCAPE-pain;
- Once you find ESCAPE-pain in the search results, tap on the icon (left side). Do not tap 'open' as this will open the app itself;
- Scroll down to the Ratings & Reviews section and click on 'write a review' and/or click the number of stars you wish to rate the app.



Android:

- On your Android phone or tablet, open the Google Play Store app.
- Search for the ESCAPE-pain app.
- Find and select the app to open the detail page.
- To rate the app go to 'Rate this app' and select the number of stars, under the number of stars you can tap write a review to leave a review.
- Follow the onscreen instructions to write review and add details. Tap post once complete.

ESCAPE-pain Online:

- Log into your ESCAPE-pain programme.
- Select 'Menu' in the top right hand corner.
- Scroll down to 'Send us feedback' and select.
- You can think write your feedback under 'Your Message' and select 'Submit your message' once complete.

For general feedback and questions, please email us at hello@escape-pain.org.

