

# Helping you manage your low back pain

ESCAPE-pain for backs aims to provide you with the skills and techniques to self-manage your back pain.

## What to expect...

6 weeks long	
Twice weekly	1 hour sessions
15-20 minute discussion	Tailored exercises

## Programme aims

The programme will help you:



Carry out normal activities



Manage your symptoms



Become more active



Continue to exercise

## Types of exercise

Apart from **general exercises** the programme will contain specific exercise routines, to help strengthen the back.



**STRENGTHENING EXERCISES**


## Back pain

Chronic back pain affects over **9 million** people in the UK

This can be influenced by...

1. Age
2. Activity/ fitness level
3. Genetics
4. Weight
5. Injury or disease
6. Ethnicity
7. Occupation

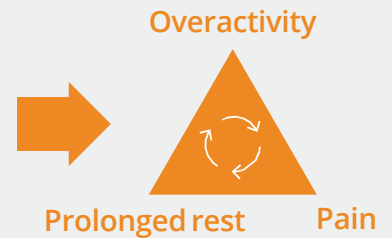
By exercising you will gain...

-  Physical
-  Psychological
-  Social

...benefits

## How you will develop

The programme will allow you to become more confident in dealing with your back pain for the long term by helping you learn techniques for avoiding the **Vicious Cycle**



## What you will learn



How to safely exercise & pace yourself



Tips from other people with the same condition



Healthy lifestyle advice



Setting personal goals

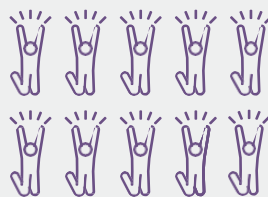


Remaining positive



Managing flare ups

## What participants tell us



**99%**

of participants said they would recommend the programme to friends and family.

## Participant testimonials

It's been good for my mental health to be more active. I'm more confident to add more exercise in my lifestyle now.

I have received the tools and knowledge to understand that it is not just rest that I need for my pain but also activity and exercise.

When I started I could only walk for 10 minutes before the pain started. I can now walk a lot further and I do not need to stop.

[www.escape-pain.org](http://www.escape-pain.org)