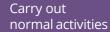
escape pain

Enabling Selfmanagement & Coping with Arthritic Pain using Exercise

Programme aims

The programme will help people to:







Become more active



Manage symptoms



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





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



£1,511* Savings per person



Costs around £237 * per person



Inexpensive to set up and run



Benefits sustained up to 30 months

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 It has given me the confidence to exercise

I intend to carry on with the exercises and gym work









