

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

### Programme aims

The programme will help people to:



Carry out normal activities



Manage symptoms



Become more active



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

### Location

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