ESCAPE-pain training: flow chart for determining fitness instructor eligibility

Instructor has:

Level 2/3 gym instructor/personal trainer or equivalent (demonstrating underpinning anatomy and physiology)

No → Not qualified

Yes

Level 3 exercise referral or a level 4 qualification (examples in desired box)

No → Level 3 Exercise Referral is best practice. However, if someone holds a different Level 3 qualification and meets all other criteria, local judgement can be used to assess suitability.

Yes

At least 150 hours previous experience of working with specialist populations
e.g. exercise, referral, cardiac, back care, falls etc.

No → Not qualified

Yes

Qualified to be trained / deliver ESCAPE-pain

Desired Qualifications

- Introduction to MI/understanding Behaviour change
- One of more level 4 qualification
  e.g. low back pain, cardiac, postural stability instructor