

# Helping you manage your joint pain

ESCAPE-pain is an evidence based programme

## 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, such as:



HIP EXERCISES

KNEE EXERCISES



## Joint pain

Chronic joint pain affects over **8.75 million** people in the UK

This can be influenced by...

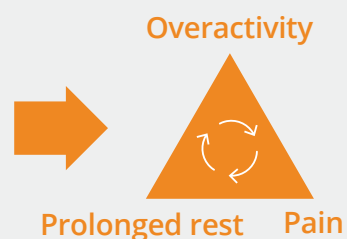
1. Genetics
2. Age
3. Joint abnormality
4. Gender
5. Injury or surgery
6. Weight
7. Occupation

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 joint 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



Advice on healthy eating



Setting personal goals



Remaining positive



Managing flare ups

## What participants tell us



**90%**

of participants surveyed were satisfied with the service and participants were more optimistic following the programme

## Participant testimonials

I know my knees are stronger because of the work on my muscles and I intend to carry on with the exercises and gym work

I have benefitted 100% from the class. My right knee is much improved and I have a training programme to help me with the rest of my life

It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis