

## 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

\*2016-17 prices, \*\*Cost varies based with staff delivering the programme: B4+B6 - £237, B4+B5 £215, B6 only - £132, Fitness Instructor - £83 Icons created by Freepik at: www.flaticon.com

Interested in providing ESCAPE-pain? Contact us!



escape-pain.org



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ESCAPE-pain online & app



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