

## TESTIMONIALS

“I am very pleased that my arthritic knees are **not as painful** and my overall ability to carry out everyday activities has really improved.”

“It has really **changed my life** in the way that I manage my knee pain, and the **confidence** it has given me.”

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

“I started barely able to walk with two sticks and in constant pain. It has taken time, nearly two months, but today I am **walking without help** and generally **pain free.**”

## ESCAPE-pain WEBSITE

[www.escape-pain.org](http://www.escape-pain.org)

**escape** pain

An education and exercise programme for people with chronic joint pain or osteoarthritis

## ESCAPE-pain also available as

Free smart phone app & online through our website



Access the programme online via our website: [www.escape-pain.org](http://www.escape-pain.org)

These products will guide you through exercise videos and provide you with information to help you better manage your joint pain.

# DO YOU HAVE KNEE OR HIP PAIN?

## CONTACT US

Health Resource Centre,  
Adelaide Terrace, Benwell,  
Newcastle Upon Tyne, NE 48BE

Enabling **Self-Management** and  
Coping with **Arthritic Pain** using  
**Exercise**

**hin** Health  
Innovation  
Network  
South London

**A** **ARTHRITIS  
RESEARCH UK**

## WHAT is ESCAPE-pain?

## MYTHBUSTERS

## CLASS DETAILS

Sometimes called the 'knee or hip class', ESCAPE-pain is a rehabilitation programme designed to reduce pain and disability for people who:

- Are over 45 years of age
- Have knee and/or hip pain for at least 3 months

## WHAT WILL I GET FROM A CLASS?

- **Information, advice and support** from a Physiotherapist or exercise professional to help better manage chronic joint pain and lead a more active life
- A group **exercise programme** tailored to individual needs
- A chance to **socialise** with and learn from other people living with arthritis

**FALSE:** I might hurt myself.

**TRUE:** Gentle physical activity has been proven to be safe, improve pain, mobility and wellbeing without making arthritis symptoms worse.

**FALSE:** I'm too old, it's too late for exercise to have any effect.

**TRUE:** Physical activity benefits anyone at any age. It's never too late to become more active.

**FALSE:** I will eventually need a joint replacement or surgery.

**TRUE:** Not everyone with arthritis will need a joint replacement. There are many non-surgical treatments, such as exercise, that can help reduce pain and maximise your ability to do what you want.

**Tuesday 11:15 - 12:15**

**&**

**Friday 2:30 - 3:30**

**(twice a week for 6 weeks)**

## HOW DO I SIGN UP?

**Discuss a referral to escape pain with your physiotherapist.**