

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

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

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

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.

Monday 12:00 – 1:00pm

&

Thursday 11:30am – 12:30pm

(Twice a week for 6 weeks)

Deckham Community Centre

Split Crow Road

Gateshead

NE8 3UB

HOW DO I SIGN UP?

Discuss a referral to escape pain with your physiotherapist.