

## Do you have knee or hip pain?

ESCAPE-pain is a group education and tailored exercise programme for people with hip and knee osteoarthritis.

### How will the programme help me?

Become more active

After completing the 6-week programme, you will be able to:



Carry out normal activities



Manage symptoms

*"I am now able to get in and out of the car and chairs with ease, and for this I cannot praise the TIMS team enough."*



Continue to exercise



*"In the last 10 months I have gone from being unable to walk for more than 20 minutes without pain to understanding my condition, and recently completed a two-hour walk whilst on holiday."*

### ESCAPE-pain can provide:

- ✔ Improvements in pain & physical / mental wellbeing
- ✔ Increased self-confidence
- ✔ Less reliance on medication
- ✔ A reduced need for surgery

## Information for Patients

**ESCAPE-pain is a group education and tailored exercise programme for people with hip and knee osteoarthritis.**

### Class details

**ESCAPE-pain is for people aged 45+ experiencing hip and knee pain for more than 3 months.**

**All classes take place twice a week for a 6-week period. You will start and finish as part of the same group.**



### How do I sign up?

**Classes are run at a range of venues across Newcastle and Gateshead, enabling you to choose where is best for you.**

**To find out more and for session dates and times in Newcastle and Gateshead, please contact:**

**Tyneside Integrated  
Musculoskeletal Service (TIMS)  
[www.tims.nhs.uk/escape-pain](http://www.tims.nhs.uk/escape-pain)**

**0191 445 2643**



**For more information: [www.escape-pain.org](http://www.escape-pain.org)**

**ESCAPE-PAIN app Available for iOS and Android**

