*ESCAPE PAIN INFORMATION LEAFLET*

# What is ESCAPE-pain?

***E****nabling* ***S****elf-management and* ***C****oping with* ***A****rthritic* ***P****ain through* ***E****xercise.*

A group rehabilitation programme for chronic hip and knee pain integrating:

Patient information and education and Personalised Exercise regimen.

# Graphical user interface, text, application, chat or text message  Description automatically generatedGraphical user interface, text, application  Description automatically generatedWhat does it involve? Aims of the programme:

# WHEN AND WHERE?

* **Mon 15.00-16.00 and Thurs 13.30-14.30 at Mountbatten Leisure Centre**
* Cost and payment: lump sump of **£45 for 12 sessions** (works out at £3.75 for 1 hour session)
* **£30 if they are already a BHLive member** (works out at £2.50 per 1 hour session)
* **ESCAPE-pain Online** provide users with a structured education and exercise programme of 12 sessions over six weeks. There are two compulsory sessions per week and they are a combination of education and exercise.

# How do I access this?

You can be referred to the course through a healthcare provider i.e. your physiotherapist or GP

# What to wear?

* Comfortable clothing you are happy to complete exercise in
* Supportive footwear i.e. Trainers or plimsoles
* Any hearing aids or glasses (reading or distance)

**If you would like to speak to your physiotherapist about actioning the referral, please call:**

**0300 123 6682**

**If you would like to speak to somebody about ESCAPE Pain from Mountbatten centre, please call:**

**023 9320 0401**

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**Research evidence shows that ESCAPE-pain:**

* Reduces pain
* Improves physical function
* Improves mental wellbeing
* Creates benefits that can last for up to 30 months
* Reduces healthcare and utilisation costs