# Testimonials ESCAPE-pain

**website**

“I am very pleased that my arthritic



## An education and exercise

knees are **not as painful** and my over- all ability to carry out everyday

activities has really improved.”

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**.”

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

ESCAPE-pain also

Free smart phone app & online through our web- site

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

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

# Contact us

Active Nation

Bitterne Leisure Centre 02380437647

## https://activenation.org.ukprogramme for people with chronic joint pain or osteoarthritis

Do you have knee or hip pain?

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



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 **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 with- out 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 max- imise your ability to do what you want.

### Venue:

**Bitterne Leisure Centre** Dean Road, SO18 6AQ

### Day & Time:

every Tuesday (**12:30 – 13:30**) & Friday (**13.30 – 14.30**) for six- weeks

**Cost:** £45 (per course)

**How do I sign up?**

Ask your Physiotherapist who can refer you to the ESCAPE-pain Programme

 https://activenation.org.uk/active-community-referral/