

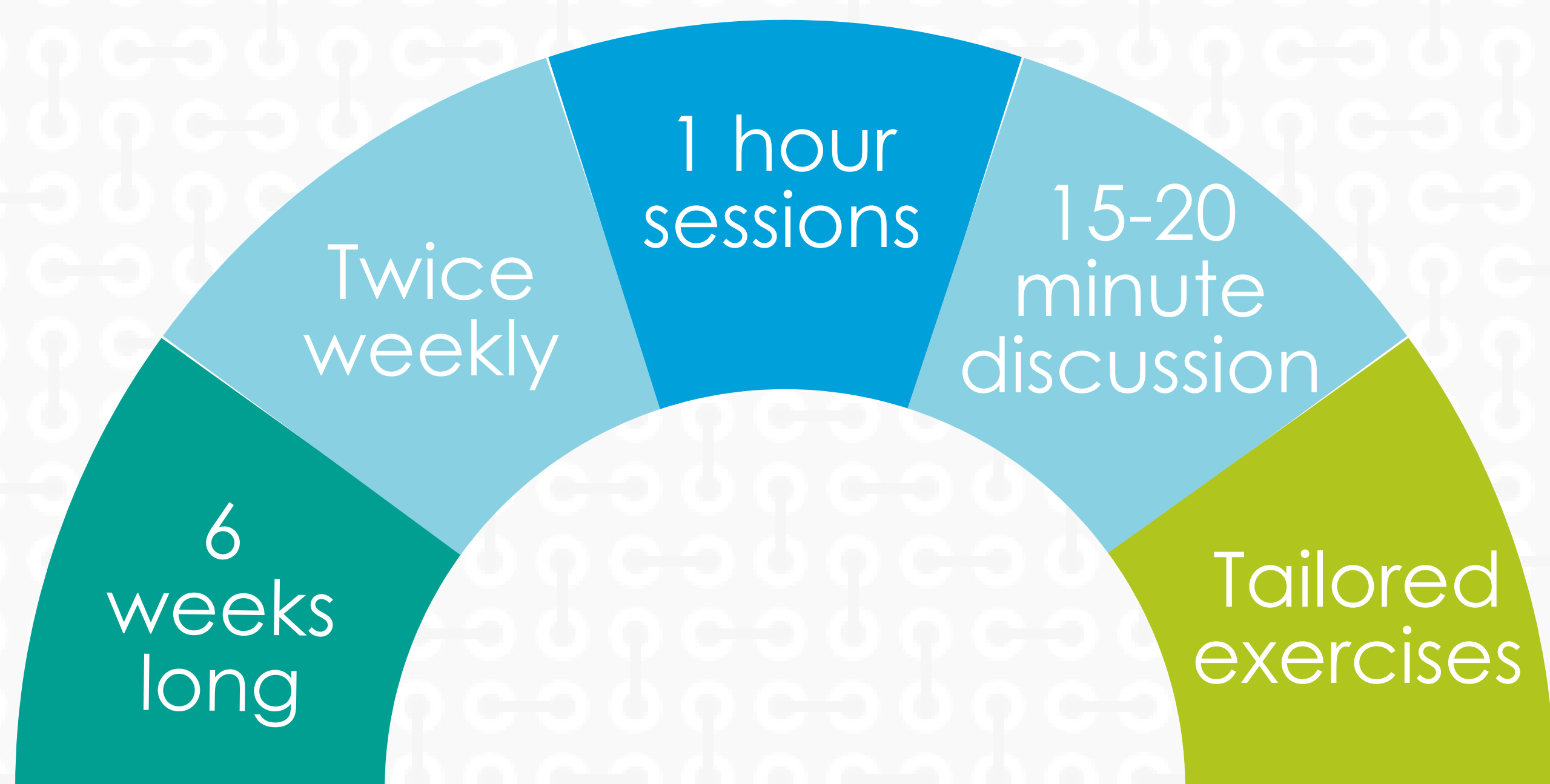
Helping you manage your

JOINT PAIN



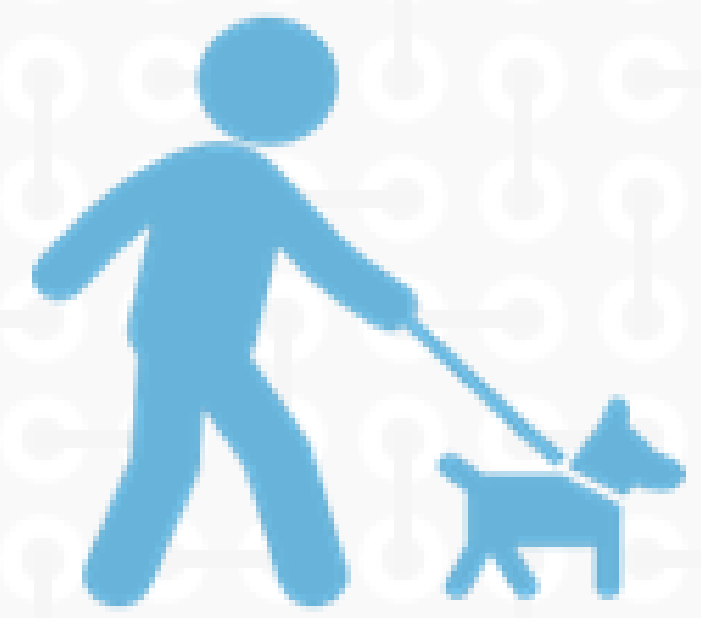
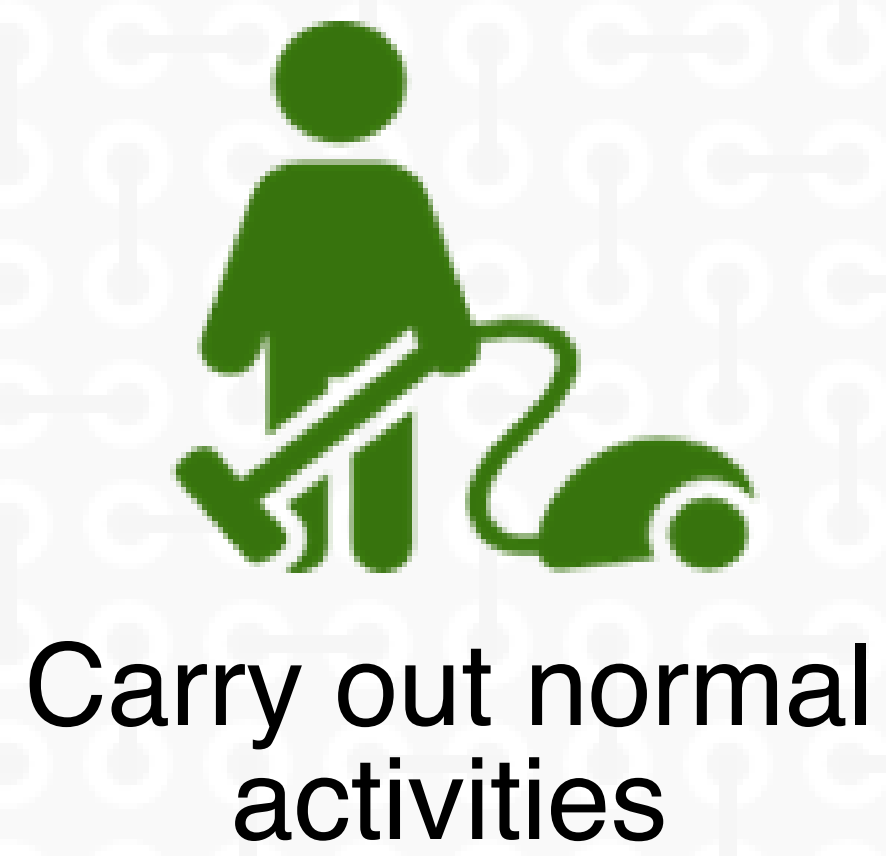
ESCAPE-pain is an evidence based programme

What to expect...



Programme aims

The programme will result in you:



Types of exercise

Apart from GENERAL EXERCISES the programme will contain specific exercise routines, such as:

HIP EXERCISES

KNEE EXERCISES



Joint pain

Chronic joint pain affects over **8.75 million** people in the UK

&

- This can be influenced by...
1. Genetics
 2. Age
 3. Joint abnormality
 4. Gender
 5. Injury or surgery
 6. Weight
 7. Occupation

By exercising you will gain

- Physical
- Psychological
- Social

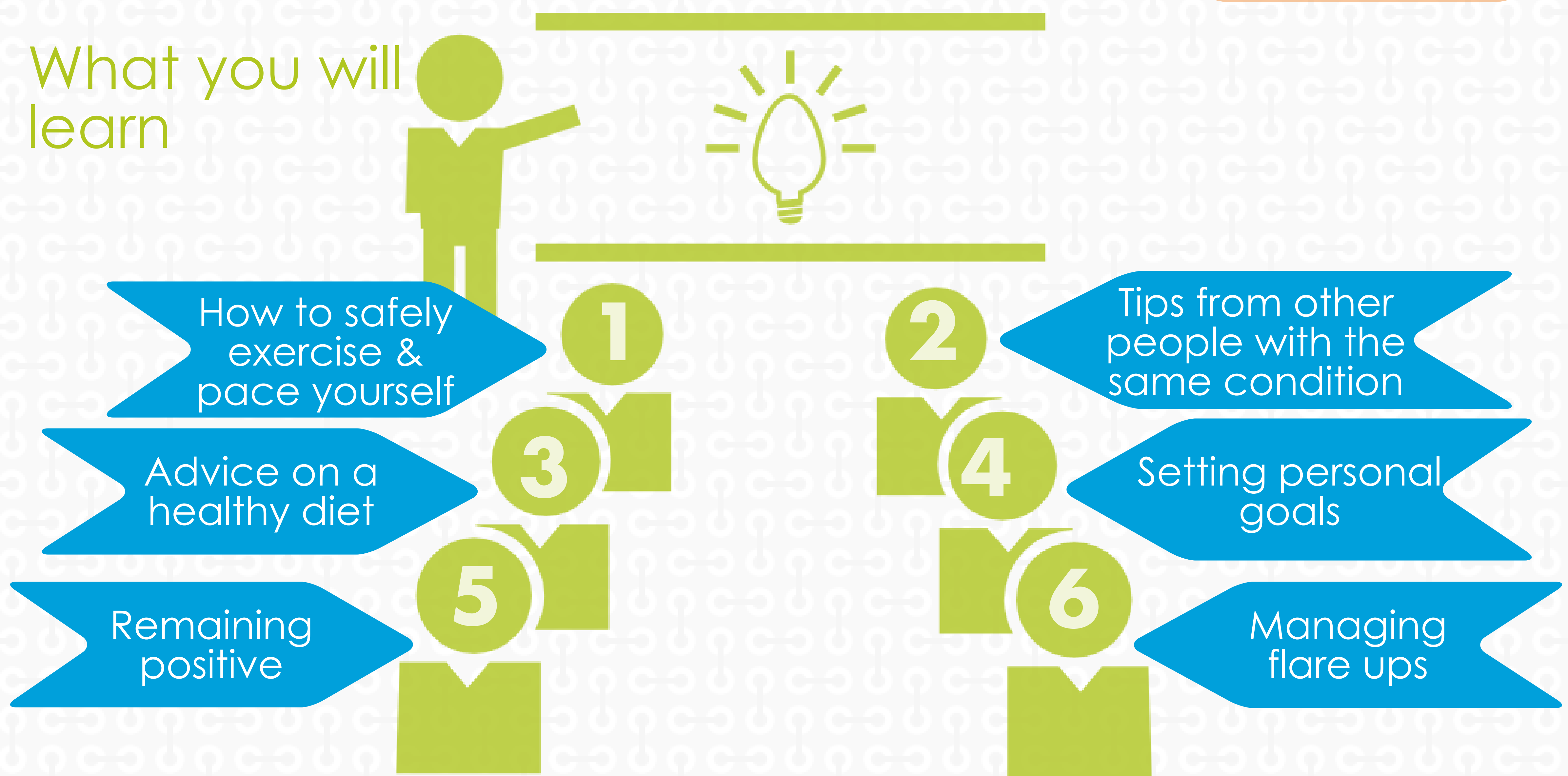
BENEFITS

How you will develop

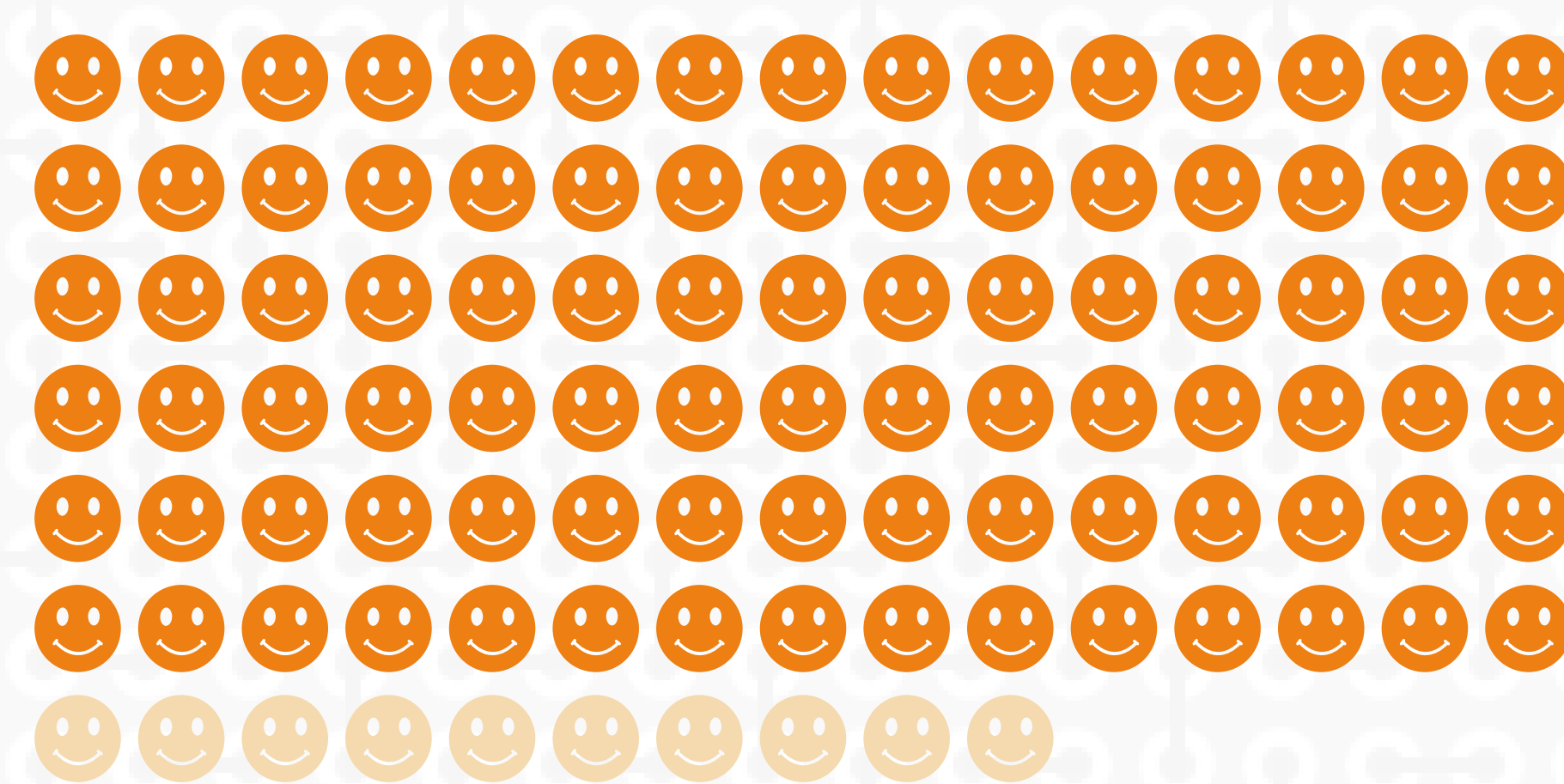
The programme will allow you to become more confident in dealing with your joint pain for the long term by helping you learn techniques for avoiding the **Vicious Cycle**



What you will learn



What patients tell us



90% of patients surveyed were satisfied with the service and patients were more optimistic following the programme

Examples of patient testimonials:

I know my knees are stronger because of the work on my muscles and I intend to carry on with the exercises and gym work

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

It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis