What is ESCAPE-pain?

ESCAPE-pain is a group-based, rehabilitation programme for the management of osteoarthritis of the knee and/or hip. It is available widely across the UK and is supported by NHS England and Versus Arthritis. The programme has attained multiple awards and endorsements: [http://www.escape-pain.org](http://www.escape-pain.org).

Classes are run by a physiotherapist or exercise professional and delivered over 12 sessions (2 classes per week over 6 weeks). Each class integrates education and exercise:

- **Educational session (~20mins):** facilitated group discussion on self-management and coping strategies
- **Exercise regimen (~40mins):** circuit-type, individualised and progressive

**Benefits - supported by clinical evidence**

- Reduces pain
- Improves physical function
- Improves mental well-being, self-confidence and self-esteem
- Reduces healthcare and utilisation costs

**Participant criteria**

- Aged 45 years or older
- Chronic joint pain for at least 3 months
- Needing a supervised exercise programme
- Independently mobile and able to carry out regular exercise
- Available to attend classes for 6 weeks
Dorset

➔ Corfe Mullen Leisure Centre:
   Call 01202 055773
➔ Dorset County Hospital:
   Call 01305 253306
➔ Moors Valley Country Park:
   E: active4health@dorsetcouncil.gov.uk
➔ Pelhams Park Leisure Centre:
   Call 01202 055773
➔ Verwood Hub:
   E: active4health@dorsetcouncil.gov.uk
➔ Weymouth Community Hospital:
   Call 01305762621
➔ Yeatman Hospital, Sherborne:
   Call 01305 361556
➔ AECC Chiropractic, University College
   Bournemouth. E: VPeart@aecc.ac.uk

Hampshire

➔ Andover Leisure Centre:
   E: exerciserereferralandover@pfpleisure.org
➔ Applemore Health & Leisure Centre
   Dibden: E: leisure@nfdc.gov.uk
➔ Eastleigh Places Leisure Centre:
   Call 02380 684800
➔ Farnham Leisure Centre:
   Call 01252 723208
➔ Gosport Places Leisure Centre:
   Call 02392 534950
➔ I-Can Therapy Centre, Andover:
   Call 01264 568241
➔ New Milton Health & Leisure Centre:
   E: leisure@nfdc.gov.uk
➔ Pyramids Leisure Centre, Southsea:
   E: Emma.George@bhlive.org.uk
➔ Ringwood Health & Leisure Centre:
   E: leisure@nfdc.gov.uk
➔ River Park Leisure Centre, Winchester:
   E: activelifestyle@winchester.gov.uk
➔ Romsey Rapids Sports Complex:
   E: exerciserereferralromseyrapids@pfpleisure.org
➔ Saints Foundation:
   E: www.southamptonfc.com/saints-
   foundation/escape-
   pain
➔ Totton Health & Leisure Centre:
   E: leisure@nfdc.gov.uk
➔ Haslemere Leisure Centre:
   Call 01428 658484

Hampshire – Starting soon

➔ Hants Wellbeing Centre, Ageas Bowl:
   E: enquiries@hantswellbeingcentre.com
➔ Havant Leisure Centre:
   E: info@horizonlc.com
➔ Meadowside Places Leisure Centre:
   Call 01489 577464
➔ Waterlooville Leisure Centre
   E: info@horizonlc.com

Wiltshire

➔ Amesbury Sports Centre:
   E: GWH.salisburyMSKphysio@nhs.net
➔ Salisbury District Hospital:
   E: GWH.salisburyMSKphysio@nhs.net