

escape pain

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>.

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

**VERSUS
ARTHRITIS**



Wessex
Academic Health
Science Network

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Health
Innovation
Network
South London

NHS

escape pain

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: exercisereferralandover@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
- Lymington Health & Leisure Centre:
E: leisure@nfdc.gov.uk
- Mountbatten Leisure Centre, Pmth:
E: exercisereferralMLC@bhlive.org.uk
- 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: exercisereferralromseyrapids@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

