

Dear ESCAPE-pain colleagues,

We understand that many sites have suspended face-to-face classes during the COVID-19 outbreak, and fully support this.

There are a number of ways you might consider supporting people with knee/hip pain during this period:

- Encourage participants to use the ESCAPE-pain digital tools and follow the programme twice a week (further information below);
- Stay in touch with participants virtually as far as you are able - and encourage them also to virtually stay in touch with each other;
- Offer live classes virtually.

NHSX (digital leadership arm of the NHS) supports the use of off-the-shelf video conferencing tools like Skype, FaceTime and WhatsApp as well as commercial products designed specifically for this purpose. Please follow organisational policies and use your own professional judgement when considering approaches to enable people to access group exercise and support virtually.

Our digital tools

ESCAPE-pain Online, and the ESCAPE-pain app both replicate the face-to-face programme and are free to use.

1. **ESCAPE-pain Online** is the web-based version of the ESCAPE-pain app. It can be accessed [here](#) and viewed on a computer or mobile device. No need to have a smart phone.
2. **ESCAPE-pain app** is available on Android smartphones and tablets.

Both tools take the users through a six-week programme, with two sessions per week, each containing:

- Exercise videos with simple, easy to follow exercise with clear instructions that were developed so people could do the exercises safely in their homes;
- Educational videos with engaging animations giving simple advice and information to help people understand how to better manage their condition;
- Individual progress chart to track their improvement over time.

We've included our [top tips](#) for getting the best out of the ESCAPE-pain support tools (Dropbox file) which we would encourage you to share with your participants. It's also available via our [homepage](#).

If you do manage to find creative ways of helping participants keep active please let us know so we can share ideas – we'd love to hear how you are supporting them during this challenging period.

For more ideas on keeping active at home please visit the [Useful links & resources](#) page on our website. Please keep in touch, and contact hello@escape-pain.org with any questions.

Best wishes,

Isabel

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