Dear CCG Chief Officer

Information regarding ESCAPE-knee pain rehabilitation programme for osteoarthritis

You may be aware that one of the priority areas of work for the Health Innovation Network is care of musculoskeletal conditions. Within this area, we are focusing largely on osteoarthritis, due to the large and increasing numbers of patients in South London living with this condition.

One of the purposes of the Health Innovation Network is to promote the spread of best practice and evidence-based interventions. In the knowledge that a number of boroughs are currently considering MSK procurements, we wanted to draw to your attention ESCAPE-knee pain, a programme of exercise, patient education, self-management and coping strategies.

ESCAPE-knee pain is typically delivered by physiotherapists in outpatient departments, but could also be delivered by other healthcare workers in a range of community settings. It encourages patients suffering with osteoarthritis to effectively use exercise as a safe and beneficial treatment. The Programme is endorsed by the National Institute of Clinical and Healthcare Excellence (NICE) and robust evaluation shows that it is more effective and cheaper than usual care. It is quoted as a QIPP initiative and is currently being delivered across Kent and several other NHS and private practitioners in London and the UK.

The ESCAPE-knee pain Programme will soon be offered by the physiotherapy services at Lewisham and Greenwich NHS Trust, and by Guy’s and St Thomas’s NHS Foundation Trust community physiotherapy service in Lambeth.

We are aware that one South London commissioner is citing ESCAPE in the quality requirements for its forthcoming MSK procurement, and thought you might appreciate receiving information about the Programme. A list of references is shown overleaf for your information.

If you would like further information about ESCAPE knee-pain, or would like to discuss its implementation in your local area, do get in touch.

Yours sincerely

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**ESCAPE-knee pain**

**Key references**


(Demonstrates ESCAPE-knee pain as clinically effective and better than usual Primary Care)


(Demonstrates ESCAPE-knee pain as being more cost effective than usual Primary Care)


(Demonstrates ESCAPE-knee pain delivers sustained clinical benefits and cost savings)


(Demonstrates ESCAPE-knee pain as similar to outpatient physiotherapy but cheaper and with wider NHS cost savings)


(Reference to ESCAPE-knee pain in the NICE Guideline for Osteoarthritis)


(Reference to ESCAPE-knee pain as a QIPP healthcare intervention)


(Demonstrates the patient-perceived benefits and satisfaction with ESCAPE-knee pain)