

escapepain

Enabling Self-management & Coping with Arthritic Pain using Exercise

= **Better care for chronic joint pain** 

Health benefits

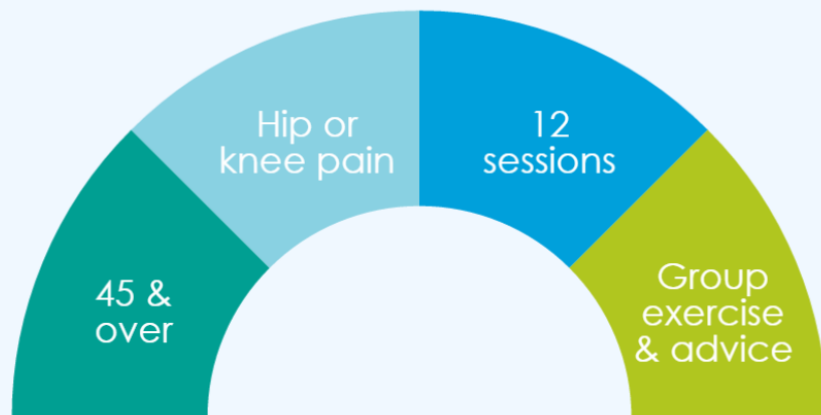
- 1 Improvements in pain & physical mental wellbeing
- 2 Increased self-confidence
- 3 Less reliance on medication
- 4 Reduced the need for surgery

Location

Escape-pain can be delivered anywhere: hospitals, leisure centres, gyms etc. It can also be delivered direct to staff to improve health & wellbeing



How it works



Cost benefits & savings



Annual saving per person



Costs around £163* per patient



Inexpensive to set up & run



Benefits sustained up to 30 months

Endorsements

- ✓ British Society of Rheumatology-Best Practice Award 2016
- ✓ Royal Society of Public Health Award 2015
- ✓ Endorsed by NICE & QIPP

Patient satisfaction

>90% of people were satisfied & were more optimistic

It has given me the confidence to exercise

I have a training programme to help me with the rest of my life

I intend to carry on with the exercises & gym work

What to do next

Visit our website for all the resources to deliver ESCAPE-pain in your area, available free of charge



www.escape-pain.org



Download the app



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