

escape pain

Enabling Self-management & Coping with Arthritic Pain using Exercise

= **Better care for chronic joint pain** 

Health benefits

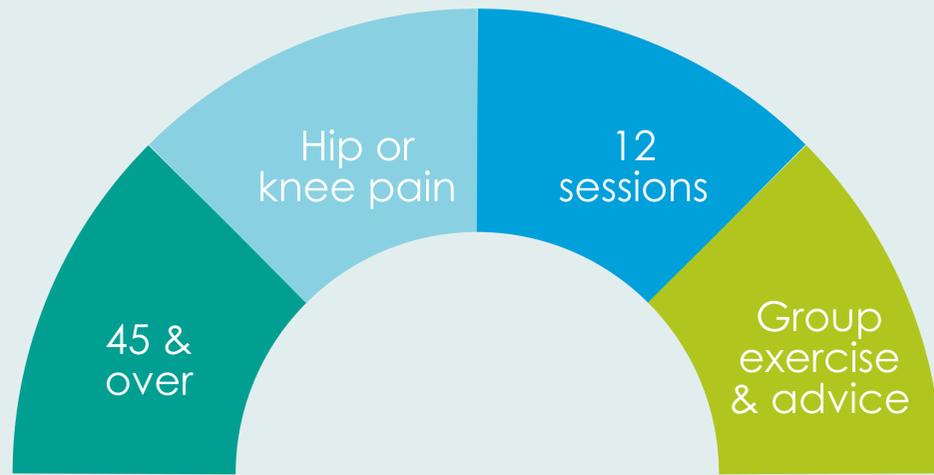
- 1 Improvements in pain & physical/mental wellbeing
- 2 Increased self-confidence
- 3 Less reliance on medication
- 4 Reduced the need for surgery

Location

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



How it works



Cost benefits & savings



Savings per person



Costs around £237** per person



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 QIPP

Patient satisfaction

>90% of people were satisfied & were more optimistic

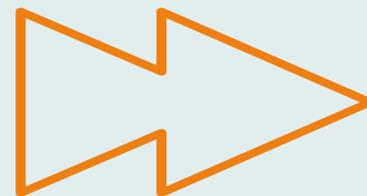
It has given me the confidence to exercise

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

Get in touch with us!
www.escape-pain.org



ESCAPE-pain Online



@ESCAPE_pain



Download the app



hello@escape-pain.org



Icons created by Freepik at: www.flaticon.com

*2016-17 prices

**Cost varies based with staff delivering the programme:

B4+B6 - £237

B4+B5 - £215

B6 only - £132

Fitness Instructor - £83