

ESCAPE Pain

What is ESCAPE pain?

ESCAPE stands for **E**nabling **S**elf-management and **C**oping with **A**rthritic **P**ain using **E**xercise.

It is a rehabilitation programme for chronic knee/hip pain - often labelled osteoarthritis. It combines simple self-management and coping strategies, with an individualised exercise programme.

What can ESCAPE do for me?

ESCAPE aims to reduce pain and improve physical function. It can also help you regain control of your knee pain.

Although arthritis cannot be cured, the ESCAPE programme can give you the tools and understanding to better manage your condition, so that you are able to do the things that are most meaningful to you. Overall this has been shown to improve people's quality of life.

What will be expected of me?

You will be attending with a group of other people experiencing similar problems. You will need to attend at the set times twice weekly for six weeks. You are expected to attend all 12 sessions.

To get the most out of the course, it is really important you attend every session. However, if you are unable to attend a session please inform us on (01323) 414 936. Due to the limited number of places, if you fail to attend on two occasions without informing us, you may be discharged.

What will be involved?

Each class runs for roughly 1 hour and is split into 2 sections:

The first section is a 20 minute discussion on themes including simple knee anatomy, what causes pain, meaningful goals, and effective relaxation methods.

The last section consists of a 40 minute circuit style exercise programme to strengthen your legs, and improve your balance and movement.

Where can I attend ESCAPE pain?

ESHT runs ESCAPE at the following venues:

Amberstone Hospital
Bexhill Day Hospital
Conquest Hospital
Eastbourne DGH

Lewes Victoria Hospital
Newhaven Polyclinic
Uckfield Community Hospital

What will I need for the session?

Please arrive promptly dressed in appropriate attire for an exercise class. If you require any prescribed medication, such as an inhaler, please make sure you have this with you, along with a towel and a bottle of water.

Please inform the physiotherapist before class if there are any issues or concerns that may affect your participation in the exercises.

What are the alternatives?

Improving understanding of osteoarthritis and regular exercise are recommended in the management of osteoarthritis and there are many proven benefits.

If you are unable to attend ESCAPE you can complete a digital version with educational videos and guidance on exercises. You can download this to your phone or tablet from your App store or complete a version on your desktop computer. Visit <https://escape-pain.org/> for more information.

It is safe for you to choose not to attend ESCAPE and to continue without changing how you manage your osteoarthritis. The NHS now has strict guidelines in the management of osteoarthritis and access to higher risk procedures such as joint replacement surgery may be limited until you have tried non-surgical management strategies such as exercise.

What happens after ESCAPE?

The aim of ESCAPE is to teach you skills to manage your arthritis better and minimise its impact on your life. You will need to continue to exercise in order to maintain the benefits. You will do better if you continue to progress the exercises and vary your activities.

Sources of information

<https://escape-pain.org/>

Patient information leaflet - "Hip and knee osteoarthritis"

www.nhs.uk/conditions/osteoarthritis

ESCAPE is a nationally run program that is endorsed by the following organisations:

**VERSUS
ARTHRITIS**

hin

Health
Innovation
Network
South London

Kingston
University
London


St George's
University of London

LOTTERY
FUNDED

 SPORT
ENGLAND


TheAHSNNetwork
NHS Innovation Accelerator



salaso
MAKE THE MOVE

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net.

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Leonie Prowles, Caroline Hollands, Joe Govett, Adrianne Phebey, Carl Milton, Kate Weatherly, Thomas Everill

Next review date: July 2022
Responsible clinician/author: Leonie Prowles, Advanced Physiotherapy Practitioner

© East Sussex Healthcare NHS Trust - www.esht.nhs.uk