



Participants' booklet for the ESCAPE-pain
programme

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Contents

Introduction	3
Programme Schedule.....	5
Programme Aims	5
The Change Cycle	7
Exercise Circuit.....	8
Joint Pain.....	9
Joint changes.....	9
Benefits of Exercise.....	10
Exercise Recommendations	10
Pain and Exercise.....	11
Goal Setting.....	12
Using Action Plans	12
Action Plan	13
Pacing.....	14
Healthy Diet	14
Food and Exercise Diary	16
Ice and Heat	17
Progress and Changes in Symptoms.....	17
Action Plan	19
Anxiety, Mood and Joint Pain	20
Relaxation Techniques.....	21
Progressive Muscle Relaxation.....	22
Drug Management.....	23
Other common therapies.....	24
Managing Flare-ups	25
Long-term Exercise	26
Action Plan	27
Useful organisations	28

Introduction

Joint pain and stiffness are common, but they can be disabling and have a significant impact on the ways people are able to lead day-to-day life.

As we get older our joints and the muscles and ligaments that surround them become more susceptible to degeneration, often as a result of the stresses and strains they have withstood throughout our lifetime. Previous injuries may also mean our joints no longer function as well as they used to. The joints commonly affected are the hips, knees, lower back and hands, and many people will experience symptoms in one or more of these areas as they get older.

People who experience joint pain and stiffness (sometimes associated with swelling and redness) will often be told they have osteoarthritis. This affects approximately 8 million people in the UK, and is becoming more common as we live longer. Others, they will be told they have 'chronic joint pain' which is very similar, treated the same as arthritis and frequently used medically to mean the same thing.

Many people think osteoarthritis/joint pain is untreatable – this is not correct. Whilst getting rid of joint pain completely is not possible, there is a lot you can do to reduce pain and maximise your ability to do what you want.

It is very important that those people affected by joint pain and arthritis *keep moving*. When faced with changes in the joints, the body works hard to try and repair itself to maintain the function of the joint. We can assist this process by remaining active, keeping our weight down and looking after our joints. This approach also helps us to feel in control of our condition and to manage our symptoms better in the long-term.

The information contained within this booklet along with discussions you have throughout the programme will help you manage your Knee joints more effectively, and allow you to lead a more active lifestyle.



We are pleased to be able to offer the ESCAPE-pain app which reproduces the ESCAPE-pain programme, so that anyone with osteoarthritis can benefit from it. It can also help people who have been on the programme and are looking for support to continue to exercise at home. People who do not have smartphones or tablets will soon be able to access the app content on the ESCAPE-pain website as well, www.escape-pain.org.

The ESCAPE-pain app is available as a **FREE** download on the Apple and Android app stores, by searching 'ESCAPE-pain'.

Aims of the programme and circuit information

Joint pain and benefits of the exercise

Goal setting and action plans

Pacing activities

Healthy diet

Ice and heat

Mid-way review and shared experiences

Anxiety, mood and pain

Relaxation techniques

Drug management

Managing flare-ups

Exercising in the long term

Programme Aims

This programme will not 'cure' your arthritis or stop you from getting joint pain and stiffness, but it will help you manage your symptoms more effectively, enable you to be more active and to understand more about the disease and what you can do to help in the long-term.

The aims of this programme are to;



To help you in the long-term, it is important that you understand and appreciate the benefits of exercise. But how do you feel about exercise at the moment? Do you think it will help or not? What are your previous experiences?

There is often a 'cycle of change' related to how we feel about exercise. Read through the categories on the next page and see which part of the cycle represents your views the best. Then, over the next few weeks see if your position changes.

The Change Cycle – Stages



THINKING

- You recognise the need to be more active
- You have yet to make any changes in your lifestyle
- You are seriously considering a more active lifestyle

PREPARING

- You have thought about how you may change your lifestyle
- You have taken small steps towards changing your lifestyle
- You are open to advice and discussion about what to do

TAKING ACTION

- You have made significant changes to your lifestyle
- You are adapting to your new healthier, active life
- You require some advice on how to progress your activity

MAINTAINING

- You are exercising on a regular basis
- You have overcome the initial difficulties of greater activity
- You feel confident that you can continue in the long-term

RELAPSING

- You have stopped exercising
- You have had difficulties continuing with an active lifestyle
- You could not overcome the barriers to exercising

Exercise Circuit

The maximum time you will spend on each of these exercises is two minutes. However, if this is too long for you, it is important that you stop when you feel as though you have done enough and need a rest. You can make notes in the table below to help you remember what each exercise is e.g. starting position or direction of movement.

Exercise Programme:

WEEK	1	2	3	4	5	6	7	8	Time /Reps
Exercise Bike									
Quad Bench									
Rocker Board									
Wobble Board									
Standing one leg									
Theraband									
Sit to Stand									
Step Ups									
Wall Squats									
Step Downs									
Heel Slides									
Knee Wedge									
Foot Alphabet									
Shuttle Walks									

You do not have to do all of the exercises, just as many as you feel comfortable with.

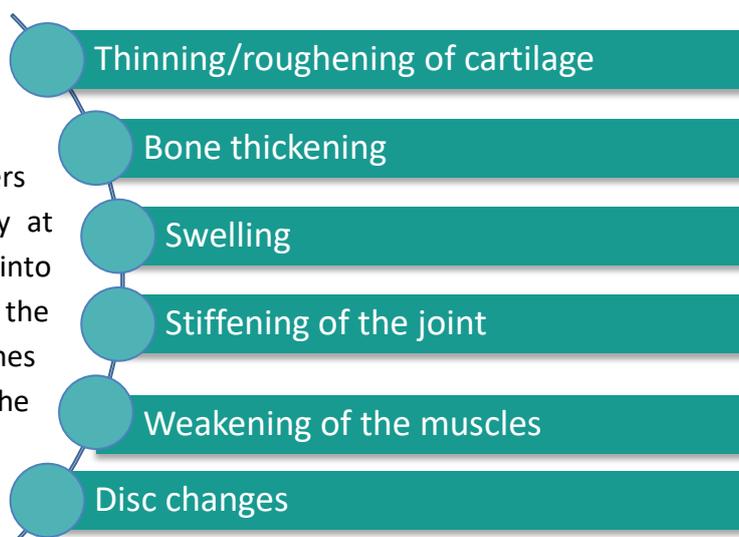
Joint Pain



People who are over 50 and have on-going joint pain are often diagnosed with osteoarthritis. This is a very common condition affecting approximately 8.5 million people in the UK. Whether the problem is in your arms, legs or spine, the joint changes and the ways in which the condition is managed are very similar.

Joint changes

The changes most seen in joints of older people are thinning and roughening of the cartilage that covers bone ends; bone thickening, especially at the edges of joints which can form into spurs or outgrowths; weakening of the muscles around the area; and sometimes swelling of the tissues that surround the joint. These changes lead to the pain and stiffness common in joint disease.



There is no cure for the degenerative changes seen in joints, but this does not mean there is nothing that can be done to help the problem. In fact you can make a significant difference to your condition if you follow a healthy lifestyle, which includes remaining active and keeping your weight controlled.

In response to the degenerative process, the body tries to repair the joint damage. For many people this is successful, and they only experience mild to moderate symptoms – few people with degenerative joint disease ever require surgery. However, for the body to carry out these repairs it relies on joints moving and being used normally. Without movement muscles will weaken, joints will become stiffer and the changes within the joint will worsen.

We know that remaining active can make a significant positive difference.

Benefits of Exercise



Anybody can exercise! It doesn't matter how old you are, how long it is since you last exercised, or that you have joint problems – exercise will help maintain your joints and make you fitter and healthier.

A lot of research has shown that people with joint pain and stiffness experience a reduction in their symptoms if they start to become more active. Other benefits of being active are reduced anxiety, a greater sense of well-being, better sleeping patterns, weight reduction and feeling more in control of your joint problems.

Exercise Recommendations

Exercise is good for you and you will notice positive changes in your health if you take part in regular activity. You're probably already doing some exercise without really knowing it! Exercise does not have to mean going to the gym, swimming or cycling; activities such as walking, gardening and climbing stairs all count towards your recommended daily levels.

The table below outlines what you should be aiming for.

HOW LONG?	You should aim for at least thirty minutes activity. This can be in short bouts or in one go
WHEN?	On most days of the week, if not all
HOW HARD?	You should feel slightly warm, and your heart should beat a little faster. You should still be able to talk at the same time as exercising
WHAT?	Anything that you enjoy! Walking, dancing, exercise classes, gardening, swimming are just some examples. It may be easier to try activities that can become part of a daily routine

Think about your current levels of exercise and activity. Remember walking to the shops, climbing stairs or gardening such as digging or mowing all count to your recommended daily levels of activity. Now, think back over the last three days and fill out the table below making note of all the exercise you have taken. You'll probably be surprised how much you already do!

	DAY 1	DAY 2	DAY 3
ACTIVITY?			
HOW LONG?			

Pain and Exercise

You may sometimes experience discomfort when you are exercising or for a day or two afterwards, especially if it's a new activity or something you haven't done for some time. Don't worry, this does not mean you have harmed your joints or that you should stop the activity. It is almost inevitable that with long-term joint conditions you will sometimes experience aches and pains during exercise and activity, but what is important is that you recognise the need to keep your joints moving without overdoing it. This will come with experience, and you will gradually learn what level is right for you.



Remember, exercise related discomfort does not mean your joints are being harmed.

Goal Setting

It's much easier to become more active and do more exercise if you set yourself a goal. Setting a long-term goal however may feel daunting or off-putting, so consider the smaller steps that lead to what you want to ultimately achieve. For example, your eventual aim may be to walk to work or the local shops. The stepping stones to these goals may be to get off one bus stop before your destination, or to do regular shorter walking distances, slowly building up to your ultimate aim.

Planning is essential to achieving a goal. Think about how you are going to adjust your daily routine to include more exercise. This may seem like an inconvenience, but small adjustments will help you achieve your long-term goal.

Walk more often

After lunchtime
Monday/Wednesday/Friday

Outside, walking to
the post box

Three times a week, up
to 10 minutes at a time.

Using Action Plans

An 'Action Plan' is a record of what you want to achieve, and how you will go about it. It will help you to reach your long-term goal by breaking your activity down into achievable, short-term aims. It will also allow you to monitor your progress – once you have achieved your goal reward yourself to celebrate your success! Action plans also help you decide whether to set a new, slightly harder goal, or whether you want to remain at the same level to gain more confidence in your task. Goals and actions plans should be:



If you have difficulty achieving your goals and feel you are not progressing, your goal was probably too difficult and you may need to adjust your goal so that whilst challenging it is also achievable.

Action Plan

Date:

My goal for this week is to (e.g. walk more, take the stairs more often);

When will I do it (e.g. time of day?)

Where will I do it (e.g. at home, on way to work)?

How much/how long for?

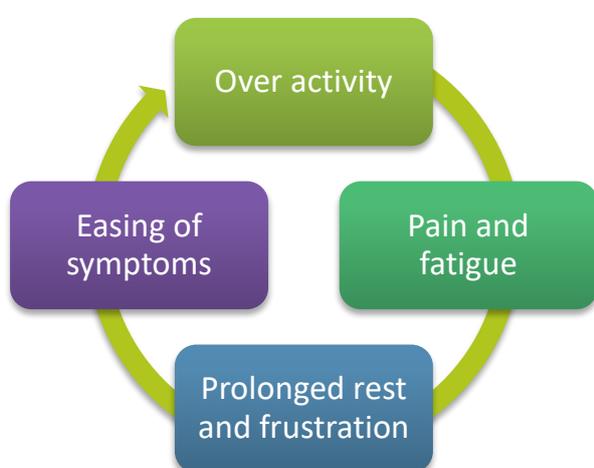
Fill this section out each day for the next week as a diary of your achievements;

Day	What I did	How I/my joints felt
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Pacing

Tired muscles, fatigue and reduced stamina are common symptoms of joint pain and arthritis, it is therefore important you adapt your activity to a level that's right for you. This will reduce the risk of pain and further joint damage.

Many people experience pain and discomfort during common activities of daily living, such as walking, stair-climbing or gardening. They mistakenly think this pain means they are causing more damage to their joints, so often avoid performing these activities. This is not a good way of dealing with the problem as you are associating a normal activity with joint damage, leading to avoidance and a less active lifestyle.

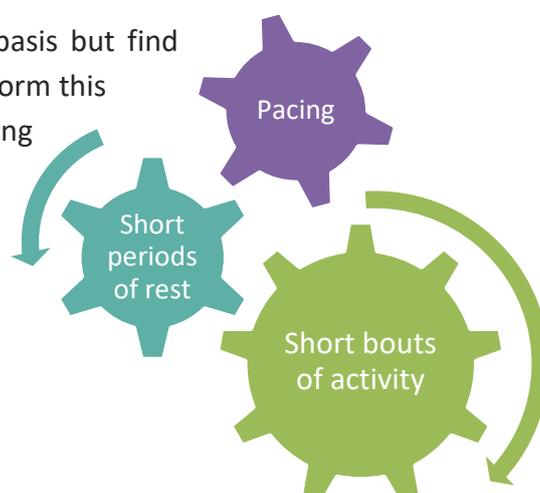


It is generally not the activity that causes pain, rather the intensity at which the activity is performed.

Despite an increasing level of discomfort, people with arthritis generally perform an activity until pain gets so bad it prevents them from continuing. They are then forced into a prolonged period of rest or inactivity whilst the pain eases.

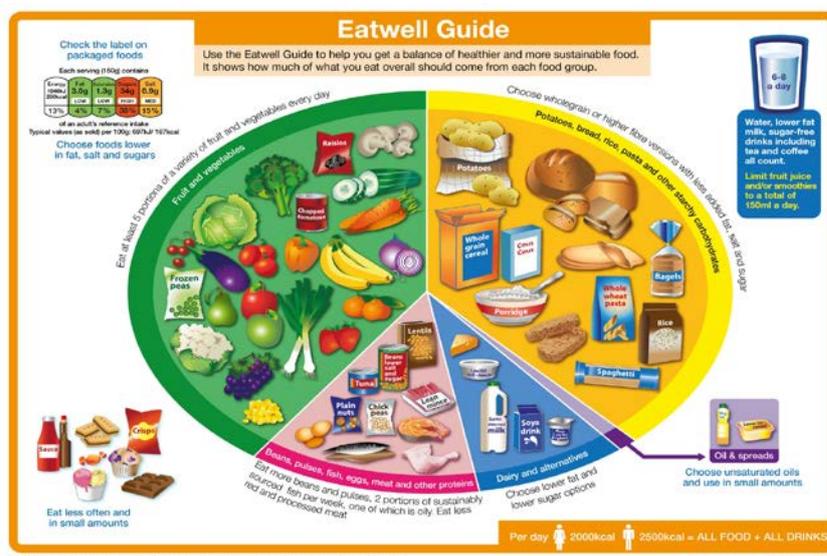
'Pacing' encourages you to adopt a different approach to activity – alternating periods of activity with rest to reduce pain and associated anxiety. This allows you to pursue your normal activities, but accounts for muscle and joint limitations associated with your joint condition.

Try to identify an activity that you do on a regular basis but find particularly uncomfortable – think about how you perform this task. Most people recognise a pattern of experiencing pain after a relatively short period of time, but continue until the task is completed and then rest. Think about the time period when you start to feel slightly tired, prior to experiencing pain and discomfort, and have a short rest at this stage.



Healthy Diet

The single most important link between diet and joint pain is that the heavier you are the greater strain you put on your joints resulting in increased pain. So, it is very important to keep your weight at an appropriate level, eat healthily and take regular exercise. There is no good evidence that any particular food or drink can make your joint pain either better or worse. There is no 'special' diet to help joint health, and no diet will prevent you getting further joint pain. The best advice is to eat a healthy, well-balanced diet that has limited amounts of fats and sugars. It is also important that your diet contains Vitamins C, D and Calcium, which all contribute to joint health. Taking these as a supplement is unnecessary as long as you follow a healthy, balanced diet.



This picture gives you an idea of how your diet should be divided, according to the foods that you eat. Other tips include;

- Eating 5 portions of fruit or vegetables each day;
- Reducing weekly amounts of alcohol;
- Drinking more water;
- Grilling food instead of frying;
- Choosing fish or poultry as alternatives to red meat.

Although you may think you have a healthy diet, and don't really eat that much it can sometimes be surprising how much you do eat in relation to the amount of physical activity taken. Very simply if your calorific intake exceeds the amount of energy you use, then you will put on weight.

The next page shows a food and exercise diary. Fill this out over the next week to give you an idea of what your diet really consists of, and how active you are. If you are having difficulties with your weight, you should discuss this with your GP or practice dietician.

Food and Exercise Diary

DAY	FOOD/DRINK INTAKE	EXERCISE
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Ice and Heat



Using heat or ice is a safe, effective, easy and cheap way to help relieve pain or swollen joints. Although there are a variety of heat and ice packs available to buy, a very simple option is a packet of frozen peas and a hot water bottle! For painful areas you can use either hot or cold to help symptoms. Some people use both alternately, whereas others have a preference for one or the other.

If you do decide to try these, there are a couple of simple things to remember to ensure the treatment is safe and eases your symptoms:

If you have any skin conditions, poor sensation, numbness or circulatory problems you should not use these methods unless you have discussed it with a healthcare professional;

It is also important to remember that both heat and ice can burn the skin, so you should always use a towel to cover and protect the area. You should also check the area frequently, and remove for any skin changes.

If your joint is inflamed (looks swollen and red) you should use ice to settle the symptoms down. Apply the frozen peas wrapped in a *damp* towel to the area for about 10 minutes at a time. You can repeat this several times throughout the day. Always remember to mark the bag of peas you are using as an ice pack as these should not be eaten at a later date as they would have defrosted a number of times.

For areas of *pain* you can use *either hot or cold, or both alternately* to help the symptoms. Both the hot water bottle and ice pack can be applied to the area for about 20 minutes to relieve pain. Remember to cover the skin with a towel, and check the area regularly. Make sure that if you're using ice, to dampen the towel to make the treatment more effective. This can be repeated several times a day.



Remember, inflamed areas that are swollen and red should be treated with ice; painful areas can be treated with **ice or heat**.

Safety tips:



Ice and heat can burn



Do not eat the frozen peas that you have used!



Poor sensation, numbness or circulatory problems



Check skin frequently

Progress and Changes in Symptoms

You are now mid-way through the programme and you may have already started to notice improvement in your symptoms, and felt some benefits from the exercise or the amount of activity you are doing. Any improvements, no matter how small are very important in helping you to manage your joints in the long-term.

Joint changes develop over many years, so don't be disappointed if you haven't experienced spectacular changes in your symptoms yet. If you feel as though you understand your joint problems more and have more confidence in managing your pain this help you and your joints in the future!

Think about the last three weeks and make a note below of any changes that have happened in such a short space of time.

How have my joint symptoms changed?	
What have I learnt about exercise?	
Have I changed the amount of exercise and activity I'm doing?	
What other changes would I like to see?	

On the next page is another 'Action Plan'. Think about what you achieved in your last 'Action Plan' and how you would like to take your achievements forward. Now complete the next page to give you a new goal for the coming week.

Action Plan

Date:

My goal for this week is to (e.g. walk more, take the stairs more often);

When will I do it (e.g. time of day?)

Where will I do it (e.g. at home, on way to work)?

How much/how long for?

Fill this section out each day for the next week as a diary of your achievements;

Day	What I did	How I/my joints felt
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Anxiety, Mood and Joint Pain



We cannot cure arthritis or reverse joint damage, so it is unlikely your pain will go completely. It can however be reduced, and importantly the way you feel about it and the impact pain has on your life can be altered.

Although changes to your joint are the main problem in joint conditions, the influence of other factors such as mood, previous experiences of pain and self-esteem will all affect how you cope with the problem. For people who experience pain over a long period of time, psychological factors (what you believe and how you feel) often become more influential than physical or mechanical changes, and can have a major impact on pain levels, your ability to cope with the pain and how well you function in daily life. People with long-standing joint problems can become anxious and depressed which often leads to a feeling of worsening symptoms.

Decreases in your ability to do the things you want may lead to frustration, anger, low mood or anxiety. This in turn may lead to decreased motivation to remain active (e.g. exercise or work), resulting in further inactivity, weight-gain, pain and joint deterioration.

Positive thoughts can reduce pain and allow for better coping while negative thoughts increase pain and reduce function.

Remaining positive about your joint problems will help you to cope with your symptoms more effectively and feel less pain.

It is important for your joint health and your sense of well-being that you remain active, and find things to distract you from thinking about your joint pain all of the time.

Remaining positive about your joint problems, continuing to be active and retaining purpose will help you cope with your pain more effectively. Contact with other people is important, and helps when we're feeling a bit down.



The key to successful long-term management of your joint symptoms is to carry on doing the things you enjoy, just making small adjustments in the way you do things, but not to stop doing them altogether.

Relaxation Techniques

Becoming more aware of the changes that occur in your muscles when you're tense encourages a calmer reaction to pain and can provide you with an alternative way of controlling your symptoms, relieving stress and assisting with sleeping difficulties.

There are many different techniques that encourage this awareness and promote relaxation. The most common requires you to experience the feeling of relaxation and reduced muscle tension, through recognition of how your muscles feel when they are tense, and the pain associated with that tension.

Another common technique is to visualise a picture, a photograph or a place you have visited and found relaxing. Concentrate on this scene, and use all your senses to immerse yourself in the place and feel as if you are there. Think about what you can see; the sounds that you can hear; the smells around you; and the things that you can touch.

Try different techniques until you find something that is useful for you. Whichever technique you choose requires practice before it becomes very helpful or you feel entirely comfortable or confident in what you are doing. If you are particularly interested in relaxation techniques, there are a variety of classes, audio tapes and DVDs available to help develop your skills.



Breathing Exercises



Visualisation



Audio tapes



Apps

On the next page is a set of instructions on one of the relaxation techniques available. Find a comfortable, quiet place and give relaxation a try!

Progressive Muscle Relaxation

Take a long slow deep breath in through your nose. Hold the breath for a moment, then breathe out through your mouth. Take another slow breath in through your nose. Fill your lungs completely. Hold it for a moment...and release the breath through your mouth.

Throughout the session you will tense various muscles throughout your body. This should not be vigorous, just tighten each muscle firmly but gently as you breathe in. If you feel uncomfortable at any time, you can simply relax and breathe normally.

When you're relaxed and ready to start, shift your attention to your feet. Take a moment to focus on how they feel.

Slowly tense the muscles in your feet and calves, squeezing as tightly as you can. Hold for a count of 10...and relax.

Slowly tense the muscles in thighs, squeezing as tightly as you can. Hold for a count of 10...and relax.

Slowly tense the muscles in your buttocks, squeezing as tightly as you can. Hold for a count of 10... and relax.

Slowly tense the muscles in your tummy, squeezing as tightly as you can. Hold for a count of 10...and relax.

Slowly tense the muscles in your back, squeezing as tightly as you can. Hold for a count of 10...and relax.

Slowly make a fist, squeezing as tightly as you can. Hold for a count of 10...and relax.

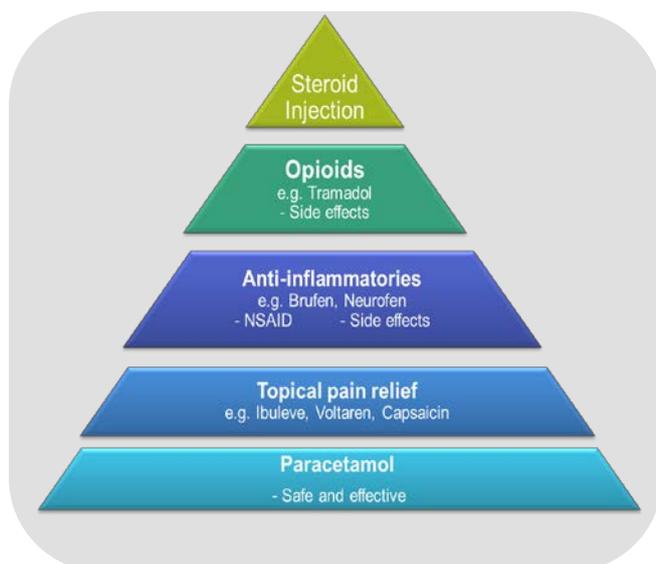
Slowly tense the muscles in your shoulders, lifting towards your ears, squeezing as tightly as you can. Hold for a count of 10...and relax.

Slowly tense the muscles in your face, squeezing as tightly as you can. Hold for a count of 10...and relax.

Take a long slow deep breath in through your nose. Hold the breath for a moment, then breathe out through your mouth, and continue breathing normally.

Feel the heaviness in your body as you feel completely relaxed.

Drug Management



There are many different types of drugs, injections, creams, gels and sprays for joint problems that can be prescribed or bought over the counter, in addition to many alternative remedies that are available. Your GP should discuss the benefits and potential side-effects of drugs with you. The following information will help you to understand the different medications and how they may influence your joint symptoms.

Paracetamol is frequently recommended or prescribed for joint pain as it is effective and has very few side-effects if taken at the recommended dose. It is an analgesic drug or pain-killer and can be taken in the long-term without any noted drug-induced problems. It is very likely that your GP will suggest this as a first choice in helping to manage your joint pain.

Non-steroidal anti-inflammatory drugs or **NSAIDs** help relieve pain and reduce inflammation in your joints, and they come in both tablet and cream forms. Although the majority of your pain is probably due to degeneration, it is possible your joint can also become inflamed, making your joint feel hot and swollen.

NSAIDs can either be prescribed or bought over-the-counter (ibuprofen). In the past, there have been serious side-effects associated with NSAID use which led to the development of a new type of NSAID called a COX-2, examples being Celebrex and Arcoxia. These new drugs are thought to have fewer side-effects, and are often prescribed alongside another drug that further reduces the risk of any gastric problems. These drugs should only be taken for short periods, but not on a long-term basis.

The cream or 'topical' varieties of NSAIDs such as Ibuleve and Voltaren are rubbed into the painful area to relieve symptoms. The action of rubbing or massaging the drug onto the skin is also likely to help in addition to the drug. Unlike the tablet version, NSAIDs creams and gels are not associated with side-effects and therefore can be used for long periods of time. Some people may also find the chilli based cream Capsaicin beneficial in relieving painful, non-inflamed joints.

Injections into joints contain steroids which have a pain relieving and anti-inflammatory effect. The injection may also contain a local anaesthetic which is likely to give almost immediate pain relief. However, injections only provide temporary relief and should not be repeated more than 2-3 times with a gap of 3-4 months between each injection.

Glucosamine is a naturally occurring substance in the body that helps produce certain joint tissues. Although it used to be prescribed by GPs, research shows little evidence that it helps people's joints and is therefore infrequently prescribed now. However as it is considered a food supplement it is available to buy in high street pharmacies and health shops. If there is any benefit, glucosamine should be taken at a dose of 1500mg per day. It may take 3-4 months before you notice any benefit, but if there is no change in your symptoms after this then it may not be worth pursuing.

Other common therapies

Many people do not want to take drugs, or want to take as little medication as possible so try other ways to ease their pain. Although there are many 'alternative' therapies that are said to help joint pain, there is often very little research evidence to support their use. There are two interventions that are commonly used however within mainstream therapy and are also available on the NHS – TENS and acupuncture.

TENS (Transcutaneous Electrical Nerve Stimulation) is a small electronic device which sends tingling pulses through the skin via adhesive pads. It works by disrupting the perception of pain signals, thereby reducing sensation of pain. TENS may be beneficial for some people. Also they are convenient as they can be worn throughout the day underneath clothes, and therefore do not significantly restrict normal daily activities. TENS machines can be bought from many high street pharmacies, but some physiotherapy departments lend machines to people to try for a short time, which allows you to see if it is something that helps you.

Acupuncture is a traditional Chinese intervention that relieves pain through the insertion of needles into the skin. The mechanism of pain relief is likely to be similar to TENS via disruption of pain signals. Although available on the NHS there is still no evidence to suggest whether this treatment is beneficial for joint pain.

Managing Flare-ups

The course of degenerative joint problems and arthritis is variable from person to person. Most people will have ups-and-downs as the pain comes and goes, although occasionally there may be short periods when your pain seems worse. Few people progress to surgery.

These increases in pain are called exacerbations or 'flare-ups' and are sometimes a sign that you've overdone an activity. Sometimes however it may seem that there is no apparent reason for the change in pain, but this is often due to your joint tissues being irritated as part of the changes happening within the joints.

It is normal for joints and pain to occasionally flare-up. It does not mean your condition is worsening; it is just a temporary situation that probably doesn't mean you need to see your GP as it will generally settle down within a few days if you do the right things.

If you experience a flare-up use the skills and knowledge you have learnt so far to manage problems yourself.



Rest for a couple of days. This does not mean remaining in bed, but avoiding unnecessary activity until your pain settles down.



Use ice or heat to relieve the pain.



If you are not already taking the maximum dose, you may need to increase your drugs for 2-3 days to help ease the symptoms.



Do some simple exercises in lying or sitting to keep the area moving and reduce stiffness.



If you feel anxious, use relaxation techniques to help keep yourself calm.



As the pain eases gradually increase your activity levels again. This may take a week or so before you're back to your normal levels – don't rush if you don't feel ready. Back to normal, self-managing your joints!

Long-term Exercise

Once you experience the benefits of exercise you'll realise how important it is to keep going! Although you may be happy and have the motivation to exercise on your own there are many organisations that support group exercise and activities to help you remain active.

It is very important you find an activity you enjoy doing (e.g. walking, swimming, dancing, yoga) that you can do regularly, maybe with family or friends as a social event! Feeling supported is key in continuing to be active

Your local sports and leisure centres will offer classes for people over-50, in addition to swimming and use of gym facilities. Local activity information can be found on Page 32.

If you would prefer either to try other activities or environments the following organisations may be of interest to you.

EXTEND

Gentle exercise classes to music for older people (over-60), to promote health, increase mobility and independence, improve strength, co-ordination and balance. Community based classes throughout the UK provided by trained facilitators for a small fee.

Tel: 01582 832760

Web: www.extend.org.uk

Email: admin@extend.org.uk

Walking for Health

A large network of health walk schemes across England, which offers regular short walks over easy terrain with trained walk leaders. This group encourages more people to become physically active in their local communities.

Tel: 0300 060 2287

Web: www.wfh.naturalengland.org.uk

Email: wfhinfo@naturalengland.org.uk



Remember, the ESCAPE-pain app is available as a **FREE** download on the Apple and Android app stores, by searching 'ESCAPE-pain'.

Action Plan

Date:

My goal for this week is to (e.g. walk more, take the stairs more often);

When will I do it (e.g. time of day?)

Where will I do it (e.g. at home, on way to work)?

How much/how long for?

Fill this section out each day for the next week as a diary of your achievements;

Day	What I did	How I/my joints felt
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Useful Organisations

Arthritis Research UK

This is an excellent resource for information on joint pain and arthritis. Many booklets are also available regarding all aspects of disease management.

Tel: 0300 790 0400

Web: www.arthritisresearchuk.org

Email: enquiries@arthritisresearchuk.org

Arthritis Care

This is a charitable organisation that provides information on managing your arthritis. Local support groups also run a series of courses and meetings on self-management skills.

Tel: 0207 380 6500

Web: www.arthritiscare.org.uk

Email: info@arthritiscare.org.uk