

Patient Information



What is ESCAPE pain?

ESCAPE stands for Enabling Self-management and Coping with Arthritic Pain using Exercise.

It is a rehabilitation programme for knee and hip 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 frustration that people with chronic pain often feel. It aims to improve physical function and self-confidence. You should be able to carry out your normal activities and become more active.

Although arthritis cannot be cured, the ESCAPE programme can give you the tools & understanding to better manage your condition, so that you are able to do the things that are important 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 6 weeks. You are expected to attend all 12 sessions.

To get the most out of the course, it is important you attend every session. However, if you are unable to attend a session please inform the physiotherapy department you are attending. Due to the limited number of places, if you fail to attend on 2 occasions without informing us, you may be discharged.

What will be involved?

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

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

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

Will exercising make my pain worse?

Some people think that being more active will increase their pain, but after 1-2 sessions you will learn that exercise isn't painful, and start to feel the benefits.

Where can I attend ESCAPE pain?

Locally ESCAPE runs at the following venues:

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- Amberstone Hospital
- Eastbourne District General Hospital
- Horder Centre Crowborough
- Horder Centre Seaford
- Lewes Victoria Hospital
- Newhaven Polyclinic
- Uckfield Hospital

What will I need for the session?

Please arrive promptly wearing loose-fitting clothing, comfortable flat shoes (e.g. trainers). If you require any prescribed medication, such as an inhaler, please make sure you have this with you, along with a towel, a bottle of water and reading glasses if you use them.

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. Please see our information booklet on “I want my Hips and Knees to hurt less: A guide to having healthy hips and knees” for more information on this.

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.

You may choose not to attend ESCAPE and to continue without changing how you manage your osteoarthritis; however, it is a highly successful programme. The NHS now has strict guidelines in the management of osteoarthritis. 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 and give you confidence to manage your arthritis better and enable you to do what you want to do. You will need to continue the exercises in order to maintain the benefits. You will do better if you continue to raise the level of your exercises and vary your activities.

Sources of information

<https://escape-pain.org/>
<https://sussexmskpartnershipeast.co.uk/hip/>
<https://sussexmskpartnershipeast.co.uk/knee/>
<https://www.nhs.uk/conditions/arthritis/>

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

**VERSUS
ARTHRITIS**

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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 Sussex MSK East on 0300 300 0003 or email:

sussexmskeast.enquiries@nhs.net