

# What is ESCAPE-pain?

ESCAPE-pain is a group-based, rehabilitation programme for the management of osteoarthritis of the knee and/or hip. It is available widely across the UK and is supported by NHS England and Versus Arthritis. The programme has attained multiple awards and endorsements: <http://www.escape-pain.org>.

Classes are run by a physiotherapist or exercise professional and delivered over 12 sessions (2 classes per week over 6 weeks). Each class integrates education and exercise:

Exercise regimen (~40mins):

circuit-type, individualised and progressive

Educational session (~20mins):

facilitated group discussion on self-management and coping strategies

# Benefits - supported by clinical evidence

* Reduces pain
* Improves physical function
* Improves mental well-being, self-confidence and self-esteem
* Reduces healthcare and utilisation costs

# Participant criteria

* Aged 45 years or older
* Chronic joint pain for at least 3 months
* Needing a supervised exercise programme
* Independently mobile and able to carry out regular exercise
* Available to attend classes for 6 weeks



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| **Dorset** |
| * Corfe Mullen Leisure Centre:

Call 01202 055773 | * Verwood Hub:

 E: active4health@dorsetcouncil.gov.uk |
| * Dorset County Hospital:

Call 01305 253306 | * Weymouth Community Hospital:

Call 01305762621 |
| * Moors Valley Country Park:

E: active4health@dorsetcouncil.gov.uk | * Yeatman Hospital, Sherborne:

Call 01305 361556 |
| * Pelhams Park Leisure Centre:

Call 01202 055773 | * AECC Chiropractic, University College

Bournemouth. E: VPeart@aecc.ac.uk |
| **Hampshire** |
| * Andover Leisure Centre:

E: exercisereferralandover@pfpleisure.org | * New Milton Health & Leisure Centre:

E: leisure@nfdc.gov.uk |
| * Applemore Health & Leisure Centre

Dibden: E: leisure@nfdc.gov.uk | * Pyramids Leisure Centre, Southsea:

E: Emma.George@bhlive.org.uk |
| * Eastleigh Places Leisure Centre:

Call 02380 684800 | * Ringwood Health & Leisure Centre:

E: leisure@nfdc.gov.uk |
| * Farnham Leisure Centre:

Call 01252 723208 | * River Park Leisure Centre, Winchester:

E: activelifestyle@winchester.gov.uk |
| * Gosport Places Leisure Centre:

Call 02392 534950 | * Romsey Rapids Sports Complex:

E: exercisereferralromseyrapids@pfpleisure.org |
| * I-Can Therapy Centre, Andover:

Call 01264 568241 | * Saints Foundation:

E: [www.southamptonfc.com/saints-foundation/escape-pain](http://www.southamptonfc.com/saints-foundation/escape-pain) |
| * Lymington Health & Leisure Centre:

E: leisure@nfdc.gov.uk | * Totton Health & Leisure Centre:

E: leisure@nfdc.gov.uk |
| * Mountbatten Leisure Centre, Pmth:

E: exercisereferralMLC@bhlive.org.uk | * Haslemere Leisure Centre:

Call 01428 658484 |
| **Hampshire – Starting soon** |
| * Hants Wellbeing Centre, Ageas Bowl:

E: enquiries@hantswellbeingcentre.com | * Meadowside Places Leisure Centre:

Call 01489 577464 |
| * Havant Leisure Centre:

E: info@horizonlc.com | * Waterlooville Leisure Centre

E: info@horizonlc.com |
| **Wiltshire** |
| * Amesbury Sports Centre:

E: GWH.salisburyMSKphysio@nhs.net | * Salisbury District Hospital:

E: GWH.salisburyMSKphysio@nhs.net |
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