

# 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](mailto:active4health@dorsetcouncil.gov.uk) |
| * Dorset County Hospital:   Call 01305 253306 | * Weymouth Community Hospital:   Call 01305762621 |
| * Moors Valley Country Park:   E: [active4health@dorsetcouncil.gov.uk](mailto: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](mailto:VPeart@aecc.ac.uk) |
| **Hampshire** | |
| * Andover Leisure Centre:   E: [exercisereferralandover@pfpleisure.org](mailto:exercisereferralandover@pfpleisure.org) | * New Milton Health & Leisure Centre:   E: [leisure@nfdc.gov.uk](mailto:leisure@nfdc.gov.uk) |
| * Applemore Health & Leisure Centre   Dibden: E: [leisure@nfdc.gov.uk](mailto:leisure@nfdc.gov.uk) | * Pyramids Leisure Centre, Southsea:   E: [Emma.George@bhlive.org.uk](mailto:Emma.George@bhlive.org.uk) |
| * Eastleigh Places Leisure Centre:   Call 02380 684800 | * Ringwood Health & Leisure Centre:   E: [leisure@nfdc.gov.uk](mailto:leisure@nfdc.gov.uk) |
| * Farnham Leisure Centre:   Call 01252 723208 | * River Park Leisure Centre, Winchester:   E: [activelifestyle@winchester.gov.uk](mailto:activelifestyle@winchester.gov.uk) |
| * Gosport Places Leisure Centre:   Call 02392 534950 | * Romsey Rapids Sports Complex:   E: [exercisereferralromseyrapids@pfpleisure.org](mailto: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](mailto:leisure@nfdc.gov.uk) | * Totton Health & Leisure Centre:   E: [leisure@nfdc.gov.uk](mailto:leisure@nfdc.gov.uk) |
| * Mountbatten Leisure Centre, Pmth:   E: [exercisereferralMLC@bhlive.org.uk](mailto:exercisereferralMLC@bhlive.org.uk) | * Haslemere Leisure Centre:   Call 01428 658484 |
| **Hampshire – Starting soon** | |
| * Hants Wellbeing Centre, Ageas Bowl:   E: [enquiries@hantswellbeingcentre.com](mailto:enquiries@hantswellbeingcentre.com) | * Meadowside Places Leisure Centre:   Call 01489 577464 |
| * Havant Leisure Centre:   E: [info@horizonlc.com](mailto:info@horizonlc.com) | * Waterlooville Leisure Centre   E: [info@horizonlc.com](mailto:info@horizonlc.com) |
| **Wiltshire** | |
| * Amesbury Sports Centre:   E: [GWH.salisburyMSKphysio@nhs.net](mailto:GWH.salisburyMSKphysio@nhs.net) | * Salisbury District Hospital:   E: [GWH.salisburyMSKphysio@nhs.net](mailto:GWH.salisburyMSKphysio@nhs.net) |
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