

# ESCAPE-PAIN COURSES

As part of a new national Musculoskeletal (MSK) health hubs project, we have a range of new ESCAPE-pain courses available across our leisure centres to help you lead a happy, healthier lifestyle.

## WHAT IS ESCAPE-PAIN?

ESCAPE-pain supports individuals living with chronic knee, hip or back pain through a 12-session course across a 6-week period.

## WHAT DO THE COURSES INVOLVE?

Led by qualified and experienced GP Referral and ESCAPE-pain instructors, the 'ESCAPE-pain for Knees and Hips' or 'ESCAPE-pain for Backs' courses combine educational self-management and coping strategies with an exercise regime, individualised for each participant.

### Each six-week courses includes:

- 2 x 1 hour sessions per week, totalling 12 sessions
- Each class starts with a brief (20 minutes) discussion around a set theme, (i.e. pain management and solutions to manage pain) followed by 40 minutes of a circuit type exercise programme.

Participants will complete the course alongside the same group of people who are living with similar knee, hip or back pain.

It is important to commit to attending all 12 of the sessions to gain the full benefits of the programme

The six-week course will allow you to become more confident in dealing with your joint pain for the long term by providing tools and information to learn:

- How to safely exercise & pace yourself
- Advice on healthy eating
- Remaining positive
- Tips from other people with the same condition
- Setting personal goals
- Managing flare ups

## HOW DO I GET INVOLVED?

You can self-refer or be referred by your GP/ healthcare practitioner into the ESCAPE-pain courses. You will be required to complete an MSK Hubs PAR-Q questionnaire which will be assessed by the GP Referral trained team. They may require further information from your GP to take part.

Eligibility criteria for ESCAPE-pain includes:

### ESCAPE-PAIN FOR KNEES AND HIPS

- Patients over 45 years of age with chronic joint pain (at least 3 months' duration) or a clinical diagnosis of osteoarthritis.
- No contraindications to carrying out a regular exercise programme.
- Would benefit from a group-based rehabilitation programme with exercise.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision.

### ESCAPE-PAIN FOR BACKS

- Adults (over the age of 18).
- Non-specific lower back pain for >3 months or recurrent episodes (with or without radicular (sciatic) pain).
- No contraindications to exercise.
- Identified as medium risk using STarT back. However, if a participant is identified as low and would benefit from the programme and wishes to participate in the programme, consideration can be given for their inclusion.
- Would benefit from a group-based rehabilitation programme with exercise.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision.

A full list of centres offering the ESCAPE-pain courses can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)

As part of the MSK health hubs project, we are also delivering Good Boost classes and free Arthritis Action coffee mornings. More information can be found on [www.leisurecentre.com/MSK](http://www.leisurecentre.com/MSK)