

# escape pain

Helping you manage your

## JOINT PAIN



escape-pain is an evidence based program

### What to expect...



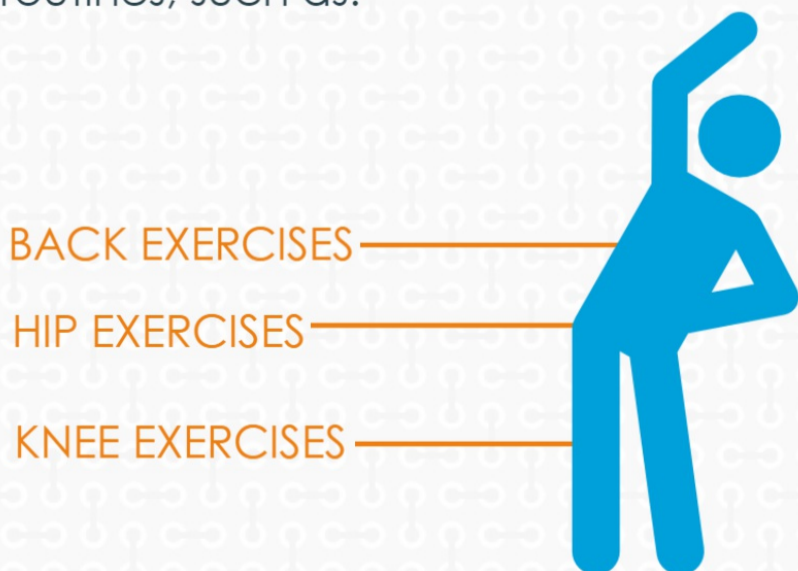
### Program aims

The program will result in YOU:

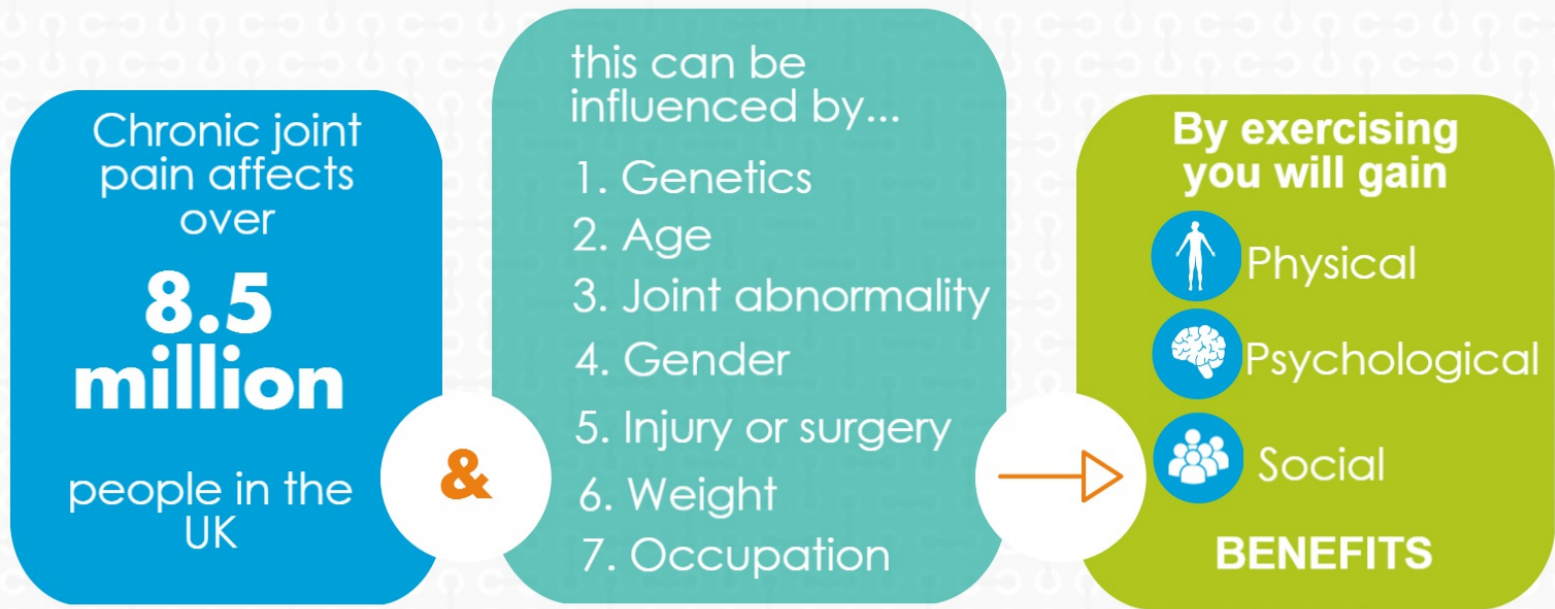


### Types of exercise

Apart from GENERAL EXERCISES the program will contain specific exercise routines, such as:



## Joint pain

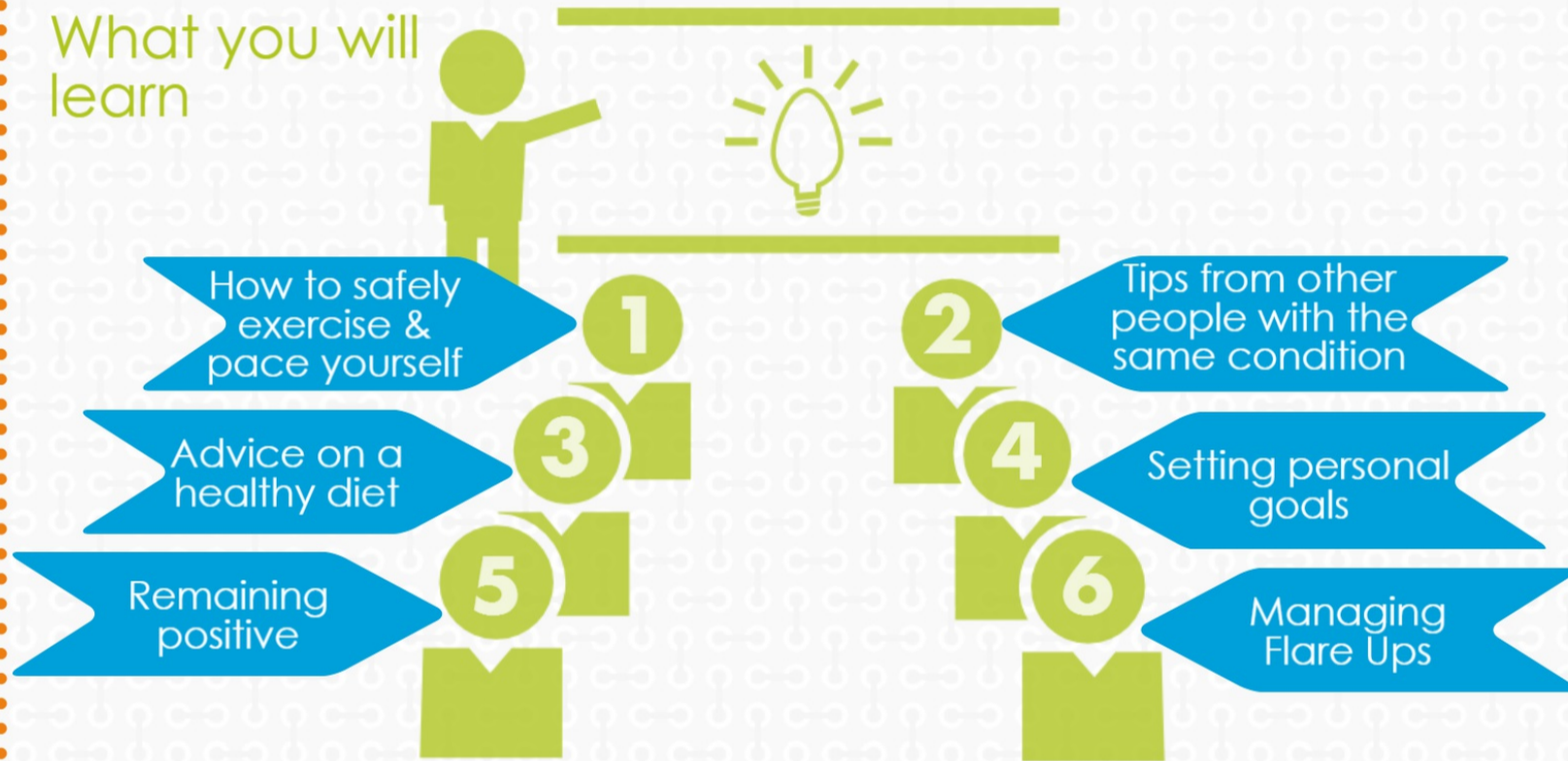


### How you will develop

The program will allow you to become more confident in dealing with your joint pain for the long term by helping you learn techniques for avoiding the **Vicious Cycle**



### What you will learn



### What patients tell us



**90%** of patients surveyed were satisfied with the service and patients were more optimistic following the program

Examples of patient testimonials:

I know my knees are stronger because of the work on my muscles and I intend to carry on with the exercises and gym work

I have benefitted 100% from the class. My right knee is much improved and I have a training programme to help me with the rest of my life

It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis