

Please tell us if you have any underlying health conditions that mean you cannot complete exercise as part of your rehabilitation.

What is Escape pain?

Escape pain is a nationally run, recognised and successful rehabilitation program for people with joint complaints of the hips and knees. It is aimed to prompt self- management of symptoms through exercise and education as recommended by the most up to date guidelines (NICE, 2014).

What will the class involve?

Escape pain is a group based session. The class will involve both a selection of exercises and discussions on a variety of topics related to managing joint related issues. The class will provide an open environment where, if you choose to, it is hoped that you can learn together, share experiences whilst exercising and working towards improving your complaint.



escape
pain

What if I am unable to do the exercises?

The class consists of a variety of exercise. You may find some easier than others but you will be encouraged to challenge yourself as you are more likely to improve if you do. You will be shown how to perform each exercise and a therapist will be available throughout the class to help adapt the exercises if required. You may wish to speak to your therapist for any alterations of exercises.

How long do the classes last and how long do I attend for?

Escape pain is a 6 week course and the participants start and end the course together. The sessions are twice a week and will last 45 minutes each. You should aim to attend every session to benefit from the class. If you have any issues with being able to attend all of the sessions you should discuss this with your physiotherapist before agreeing to start the course.

For more information please visit www.ecch.org

If you would like this leaflet in large print, braille or in a different language, please contact

Andrea Dawson on 01502 445445 or email ecch.enquiry@nhs.net

What should I wear?

You should wear clothing that will allow you to exercise comfortably. Trainers and jogging bottoms are ideal. Footwear should be soft soled. Avoid high heels or sandals, skirts or dresses. There are no changing facilities or showers but toilets are available on site.

What should I bring with me?

If you use an inhaler, GTN spray or other medication please bring these with you and inform the therapist that you may need to stop and use these.

What do I do when I finish the class?

Once you have completed the 6 week course, you will be provided with a pack which includes all of your goals, information from education sessions and a certificate of achievement. A copy of the exercises will also be provided. If you are interested in exploring other ways to improve your fitness and wellbeing, talk to the team leading the class.

What if I am unable to attend?

You will be expected to attend all of your appointments on time. If you are more than 10 minutes late, you may not be able to be join the class. If you cannot attend you must contact us as soon as possible.

If you fail to attend one session, without telling us, you may be discharged.

If you fail to attend one session, without telling us, you may be discharged and will not be able to re-join the classes without another referral.

Where can I find out more about the classes?

Our website can be found at:

<http://physio.ecch.org>

Or by searching for:

[ECCH Physio classes](#)

Or by scanning this QR code:



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