

The background image shows two women in a gym setting, exercising on stationary bikes. The woman in the foreground is wearing a black long-sleeved top, black leggings, and a white towel draped over her shoulders. She is looking towards the right. The woman behind her is wearing a white top and dark leggings. They are in a room with large windows that look out onto a city street with buildings. The MSK + together logo is in the top right corner.

**MSK + together**

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# ESCAPE Pain OA

## Knee & Hip

## Programme

### Welcome to the ESCAPE Pain programme!

We are pleased you will be joining others on this programme to help you manage and improve your pain, better understand how your hip or knee pain affects you and what things can affect your pain. The programme aims to improve your quality of life, help you stay active and get you back to doing the things you enjoy.

# ESCAPE Pain OA Knee & Hip Programme

**Please read this letter carefully as it contains important details of the programme, and what to expect.**

## WHAT IS ESCAPE PAIN?

The ESCAPE group is a national 6 week programme. It is for patients with knee and/or hip OA and is exercise and education based. It is aimed at improving movement and strength of the joint and education to promote self-management.

**60-75 min class incorporating discussion, education and exercises.**

## WHERE ARE ESCAPE PAIN CLASSES?

The ESCAPE Pain class is run across several gym locations across the Mid-Nottinghamshire region covering Newark and Sherwood as well as Mansfield and Ashfield. You will be able to select your choice of location when our admin team contact you to book your sessions.

## HOW MANY SESSIONS WILL I COMPLETE?

ESCAPE Pain is run over 6 weeks in total and you will attend twice weekly.

**It is important you are able to commit to the programme in order to reap the benefits.**

If you are unable to attend one of your classes, please discuss this with the group leader. If you are unable to commit to more than two classes during your course, please discuss with your initial physiotherapist, whether this group is suitable for you at this time. It may be another group would be more suitable for you.

## WHAT TO BRING TO YOUR FIRST CLASS

Please wear some loose-fitting clothing, comfortable shoes, a water bottle and reading glasses if required. If you have any questions before the first class, call us on **01623 484820**.

**We look forward to welcoming you soon!**

Class attendance is recorded in the same manner as a one to one physiotherapy appointment. If you fail to attend your class without letting us know, as per policy, you will be discharged from the department.

**MSK Admin Tel: 01623 484820**