**ESCAPE-pain**

**What is ESCAPE-pain?**Sometimes called the ‘knee or hip class’, ESCAPE-pain is a rehabilitation programme designed to reduce pain and disability for people who have had knee and/or hip pain for at least 3 months.

The ESCAPE-pain course is an award-winning group education and tailored exercise programme, which is clinically proven to benefit people with hip and knee osteoarthritis. The ESCAPE-pain course is **free** and run **twice a week over five or six consecutive weeks** and requires attendance at all sessions for maximum benefit. It is delivered by gym instructors, who have received special training from NHS physios and community teams.

**What can I get from a course?**

* Information and support to help better manage chronic joint pain and lead a more active life
* A group exercise programmetailored to individual needs
* A chance to socialisewith and learn from other people living with osteoarthritis
* Following the course you will have access to the gym for ongoing management

**How do I sign up?**  
The gyms delivering the free programme can be found below. Please use their contact details to make enquiries or to book your place:

* **Brunel Fitness Centre in Speedwell:** Telephone 0117 377 0098 or email [bristol@almsport.co.uk](mailto:bristol@almsport.co.uk)
* **Circadian Trust in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate:** Telephone 01454 865798 or email[Jim.Rollo@circadiantrust.org](mailto:Jim.Rollo@circadiantrust.org)
* **Imperial Sports Ground** **in Brislington:** Telephone 0117 903 8681 or email [Limara@imperialsportground.co.uk](mailto:Limara@imperialsportground.co.uk)
* **Hutton Moor Leisure Centre, Weston-Super-Mare:** Telephone 01934 425900 or email [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk)

**Testimonials***“I am very pleased that my arthritic knees are not as painful and my overall ability to carry out everyday activities has really improved.”*

*“It has really changed my life in the way that I manage my knee pain, and the confidence it has given me.”*

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

*“I started barely able to walk with two sticks and in constant pain. It has taken time, nearly two months, but today I am walking without help and generally pain free.”*

**For further information**

Visit the ESCAPE-pain website at [www.escape-pain.org](http://www.escape-pain.org)

ESCAPE-pain is also available as a free smart phone app & online through the website. These will guide you through exercise videos and provide you with information to help you better. However, they are best used alongside the course.