

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.**”

ESCAPE-pain WEBSITE

www.escape-pain.org

escape pain

An education and exercise programme for people with chronic joint pain or osteoarthritis

ESCAPE-pain also available as

Free smart phone app & online through our website



Access the programme online via our website: www.escape-pain.org

These products will guide you through exercise videos and provide you with information to help you better

DO YOU HAVE KNEE OR HIP PAIN?

CONTACT US



**SAINTS
FOUNDATION**

02380 718605

Soccg.pathways2health@nhs.net

Enabling **Self-Management** and
Coping with **Arthritic Pain** using
Exercise



**SAINTS
FOUNDATION**

escape pain
**VERSUS
ARTHRITIS**

hin Health
Innovation
Network
South London

WHAT is ESCAPE-pain?

MYTHBUSTERS

CLASS DETAILS

Sometimes called the 'knee or hip class', ESCAPE-pain is a rehabilitation programme designed to reduce pain and disability for people who:

- Are over 45 years of age
- Have knee and/or hip pain for at least 3 months

WHAT WILL I GET FROM A CLASS?

- **Information, advice and support** from a Physiotherapist or exercise professional to help better manage chronic joint pain and lead a more active life
- A group **exercise programme** tailored to individual needs
- A chance to **socialise** with and learn from other people living with arthritis

FALSE: I might hurt myself.

TRUE: Gentle physical activity has been proven to be safe, improve pain, mobility and wellbeing without making arthritis symptoms worse.

FALSE: I'm too old, it's too late for exercise to have any effect.

TRUE: Physical activity benefits anyone at any age. It's never too late to become more active.

FALSE: I will eventually need a joint replacement or surgery.

TRUE: Not everyone with arthritis will need a joint replacement. There are many non-surgical treatments, such as exercise, that can help reduce pain and maximise your ability to do what you want.

3 NEW CLASSES STARTING

Cost of course £30

Twice a week for 6 weeks

YMCA Newtown,
St Mary's, Graham Rd, Southampton SO14 0AW
Starting 4th November
Mon 1-2pm + Weds 1-2

Woolston Community Centre,
65 Church Rd, Southampton SO19 9FU
Starting 11th November
Mon 2.30-3.30 and Weds 2-3 pm

Swaythling Community Centre
Hampton Park Way, SO17 3AT
Starting 15th Jan
Wednesday's 1-2pm and Friday's 10-11am

HOW DO I SIGN UP?

Sign up by contacting Saints Foundation on:

Soccg.pathways2health@nhs.net or 02380 718605

Or sign up on the below form :

www.southamptonfc.com/saints-foundation/escape-pain

Saints Foundation will contact you to make payment over the phone