

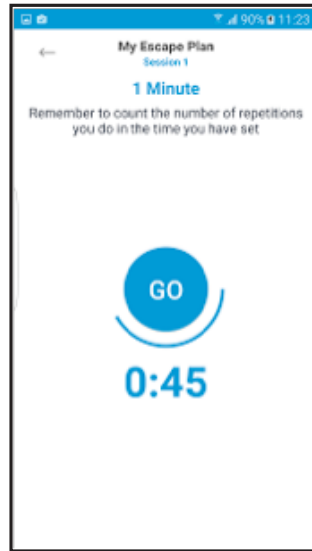
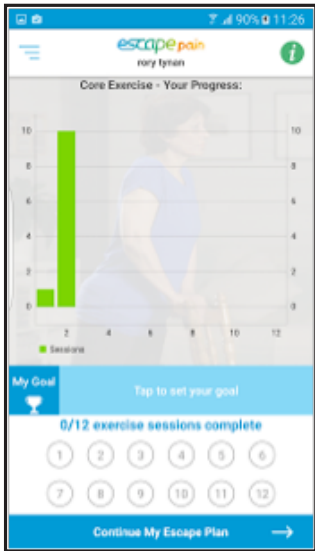
More information



www.escape-pain.org



@escape_pain



Download
on your
smart phone

What to do next?

All you have to do is speak with your physiotherapist who will then complete a short referral form

Attending your sessions

Sessions take place at either:

Thurnscoe Health Center
Holly Bush Drive, Thurnscoe,
S63 0LT

Or

Priory Day Unit
Rotherham road
Monk Bretton
S71 2DA

Contact

For all enquiries please contact:

07881 838610

Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service. Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.

Job No. 0736 Aug 18



South West
Yorkshire Partnership
NHS Foundation Trust



Do you suffer from chronic joint pain? Is it impacting on your daily life? Escape Pain may be the answer

Community
musculoskeletal services

07881 838610

With all of us in mind.

How it works

Escape pain is a personalised exercise programme for people suffering with osteoarthritis (OA) of the knee or hip joints.



“ It has given me the confidence to exercise ”

“ I now have a training programme to help me for the rest of my life ”

What does it include?

The programme:

- 1 hour sessions
- Twice per week
- 6-week duration

The sessions:

- Easy exercises
- Education about OA
- How to manage OA
- Advice on nutrition and healthy eating



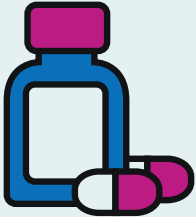
What are the benefits?

1 

Improvement in pain and physical/mental wellbeing

2 

Increased self-confidence

3 

Reduced reliance on medication

NICE National Institute for Health and Care Excellence

NICE guidelines recommend the Escape Pain programme in order to gain all of the benefits listed above, if you commit to the full 6 weeks