

Helping you manage your low back pain

ESCAPE-pain for backs aims to provide you with the skills and techniques to self-manage your back pain.

What to expect...

6 weeks long	
Twice weekly	1 hour sessions
15-20 minute discussion	Tailored exercises

Programme aims

The programme will help you:



Carry out normal activities



Manage your symptoms



Become more active



Continue to exercise

Types of exercise

Apart from **general exercises** the programme will contain specific exercise routines, to help strengthen the back.



STRENGTHENING EXERCISES

Back pain

Chronic back pain affects over **9 million** people in the UK

This can be influenced by...

1. Age
2. Activity/fitness level
3. Genetics
4. Weight
5. Injury or disease
6. Ethnicity
7. Occupation

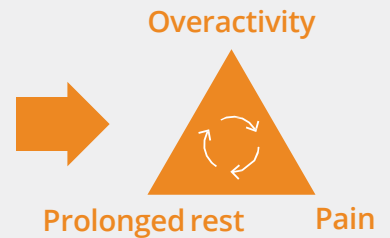
By exercising you will gain...

- Physical
- Psychological
- Social

...benefits

How you will develop

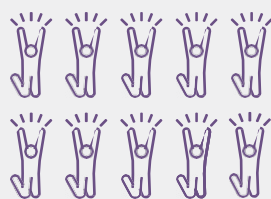
The programme will allow you to become more confident in dealing with your back pain for the long term by helping you learn techniques for avoiding the **Vicious Cycle**



What you will learn

How to safely exercise & pace yourself	Tips from other people with the same condition
Healthy lifestyle advice	Setting personal goals
Remaining positive	Managing flare ups

What participants tell us



99%

of participants said they would recommend the programme to friends and family.

Participant testimonials

It's been good for my mental health to be more active. I'm more confident to add more exercise in my lifestyle now.

I have received the tools and knowledge to understand that it is not just rest that I need for my pain but also activity and exercise.

When I started I could only walk for 10 minutes before the pain started. I can now walk a lot further and I do not need to stop.

When, where and how can I access ESCAPE-PAIN?

We run ESCAPE-PAIN from three locations across Cwm Taf Morgannwg health board (CTMUHB)



Aberdare
YsbytyCwm Cynon
physiotherapy department
New Road, Mountain Ash, CF45 4BZ

- Tuesday 11:00am -12:00pm
or 1:00pm-2:00pm
- Friday 11:15am -12:15pm
or 1:00pm-2:00pm

Llantrisant
Royal Glamorgan Hospital
physiotherapy department
Ynysmaerdy, CF72 8XR

- Monday 2:30pm-3:30pm
- Wednesday 2:30pm-3:30pm

Bridgend
K2 Gym
Main Avenue, Brackla Ind Est, Bridgend, CF31 2AG

- Monday 2:30pm-3:30pm
- Friday 2:30pm-3:30pm

Am I eligible to attend?

You can if you;

- Are aged 18 years or older
- Have low Back Pain for over 3 months or recurrent episodes of back pain
- Would like to attend a supervised exercise programme
- Are able to carry out regular exercise (can be tailored from light to hard depending on your capabilities)
- Are available to attend 2 classes a week for 6 weeks
- Live in the CTMUHB catchment area

How?

Email us your name, date of birth and your best contact telephone number to ctm.escape.pain@wales.nhs.uk We will call you within six weeks to discuss the programme and check you are able to participate.

Scan the QR code for more information.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysg
Cwm Taf Morgannwg
University Health Board

