

## Joint pain

# Helping you manage your joint pain

ESCAPE-pain is an evidence based programme

### 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, such as:



HIP EXERCISES

KNEE EXERCISES

Chronic joint pain affects over **8.75 million** people in the UK

#### This can be influenced by...

1. Genetics
2. Age
3. Joint abnormality
4. Gender
5. Injury or surgery
6. Weight
7. Occupation

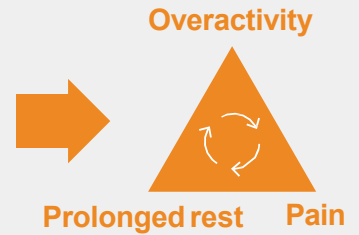
#### By exercising you will gain...

- Physical
- Psychological
- Social

#### ...benefits

### How you will develop

The programme will allow you to become more confident in dealing with your joint 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
Advice on healthy eating	Setting personal goals
Remaining positive	Managing flare ups

### What participants tell us



**90%**

of participants surveyed were satisfied with the service and participants were more optimistic following the programme

### Participant testimonials

I know my knees are stronger because of the work on my muscles and I intend to carry on with the exercises and gym work

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

It has given me the confidence to exercise more than I thought possible at my age and due to the fact that I have osteoarthritis.

# 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;

- Aged 45 years or older
- Hip or knee pain for at least 3 months
- Wanting to take part in a supervised exercise programme
- Independently mobile and able to carry out regular exercise
- Available to attend 2 classes a week for 6 weeks
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## How?

Email us your name , date of birth and your best contact telephone number to [ctm.escape.pain@wales.nhs.uk](mailto: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 Prifysgol  
Cwm Taf Morgannwg  
University Health Board