

ESCAPE-PAIN CASE STUDY



ESCAPE-Pain is a rehabilitation programme for people with chronic hip and knee joint pain (Osteoarthritis). The programme includes a combination of education and simple exercise techniques to help manage pain.

Health Benefits can include:

- Improvement in pain, physical and mental well-being
- Increased self-confidence
- Less reliance on medication
- Can help reduce the need for surgery

Sheila is currently 1 month into the ESCAPE-Pain course and has made great progress so far. She has suffered from severe osteoarthritis in the knee for many years, and is in a lot of pain on a daily basis.

“From attending the ESCAPE-Pain sessions with Sue I have been able to stand up from a chair without holding on to the sides of the chair. Also it’s helped talking to others about my condition. I would truly recommend this course to anyone suffering from knee and hip Osteoarthritis”

Graham who is also attending the sessions and has severe hip pain, is also hugely benefitting from the service:

“I’m really glad I enrolled onto the hip pain course. It has helped with my mobility and eased the pain.”

For more information on any of our ESCAPE-Pain courses please refer to the website: www.suffolksport.com/escapepain or contact Shelby Carr on 07824 821554.

escape pain

