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Arthritis: Escape The Pain. Don't let arthritis rule your life - overcome it fast with easy practicable steps. Best-selling author Sarah Woodside brings you her latest book. As someone who suffered from arthritis for many years before she found ways to reverse the curse and live a happy healthy life, she

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to escape the pain of arthritis. As someone who suffered from arthritis for many years before she found ways to reverse the curse and live a happy healthy life, she is perfectly placed to write a book from the perspective of an arthritis sufferer ...

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exercise programme is supported by
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many ways we're helping people to
push back against arthritis. If you've

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taken part in the programme and are
asking yourself what is next, then read
on.

You don't have to face arthritis alone

Physical activity is important for people
with arthritis as it's proven to reduce

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pain, increase well-being and improve physical and mental health. There are many exercises to suit every individuals needs and abilities, including t'ai chi, gym classes and yoga. It's important to try and find something that is enjoyable, and any movement is better than none, so it is

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best to start any exercise programme
gently and do what you can.

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Many patients are diagnosed with osteoarthritis in early old age, when they are particularly vulnerable to rapid deterioration in health and loss of independence. The ESCAPE-pain

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programme includes a combination of education, self-management and coping advice with physical exercises.

ESCAPE-pain programme for hip and knee pain | The King's Fund

Exercise does not cure arthritis - you will continue to have episodes of pain,

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but this pain is unrelated to exercising and activity. Start a new exercise slowly and cautiously - begin with gentle, low impact exercises that do not cause pain.

**Exercise videos from the ESCAPE-
pain programme**

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ESCAPE-pain is a six-week programme of integrated exercise and self-management delivered in a group setting by a physiotherapist or a fitness instructor. As well as a tailored exercise routine, patients learn about the causes of pain and self-management techniques. The

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Programme aims to: improve people's
understanding of their problem

Our research achievements | Versus Arthritis

Education - watch engaging
animations and education videos to
learn to manage your condition better.

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Exercise - choose between 16 high quality exercise videos to improve your joint pain. The programme requires you to record your progress and repetitions which you are prompted to do with clear and simple guidance.

OVERVIEW / ESCAPE-pain Online

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Escaping the pain of arthritis. Chronic
joint pain and joint stiffness are the

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main symptoms associated with
osteoarthritis – the most common form
of arthritis. Although it cannot be
cured, there is a great deal of
evidence that better understanding of
the problem and exercise are very
effective ways of reducing pain and
the physical and psychosocial effects

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Research has highlighted the
important role that exercise can play in

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reducing pain and increasing function in people with arthritis. ESCAPE - pain goes national Read about the innovative programme for knee and hip pain that is now available in 200 sites across the UK and how you can refer your patients onto a class.

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ESCAPE-pain is delivered in over 280 locations and continues to expand into other NHS hospitals, leisure centres and gyms. Cookie policy. The ESCAPE-pain programme uses cookies to assist with Google Analytics, in order to improve the user

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