

# escape pain

## Referral Checklist

### WHAT IS ESCAPE-pain?

ESCAPE-pain is a group-based, NICE-approved rehabilitation programme for the management of osteoarthritis of the hip and/or knee. Classes are run by an exercise professional, and delivered over 12 classes (2 classes per week over 6 weeks). Each class integrates education and exercise:

**Educational session (~20mins):**  
facilitated group discussion on self-management and coping strategies

**Exercise regimen (~40mins):**  
circuit-type, individualised and progressive

### BENEFITS - supported by clinical evidence

- Reduces pain
- Improves physical function
- Improves mental wellbeing, self-confidence and self-esteem
- Reduces healthcare and utilisation costs

### PATIENT CRITERIA

- ✓ Less than 30 minutes physical activity per week
- ✓ Aged 55 years or older
- ✓ Chronic joint pain for at least 3 months
- ✓ Needing a supervised exercise programme
- ✓ Independently mobile and able to carry out regular exercise
- ✓ Available to attend classes for 6 weeks

### REFERRAL

Return attached referral form to address specified

Or contact The Healthy Living Team at Rotherham Leisure Complex on 01709 722567