



DO YOU HAVE HIP OR KNEE PAIN?

If yes, join ESCAPE-pain to help manage your joint pain.

ESCAPE-pain is a rehabilitation programme, designed to reduce pain and disability for people with chronic joint pain or Osteoarthritis.

BETTER CARE FOR CHRONIC JOINT PAIN

Reduce
Pain

Become
More
Active

Improve
Your Life

Socialise

escape pain

TO BE ELIGIBLE FOR ESCAPE-PAIN YOU MUST BE:

- Aged 45 years and over
- At least 3 months duration of chronic joint pain of the knee or hip
- Clinical diagnosis of osteoarthritis
- Independently mobile and able to exercise
- Committed to taking part in a 12 week exercise programme, consisting of attending 2 classes per week for the initial first 6 weeks, followed by a further 6 week membership for unlimited use of our leisure facility.

“I have benefited 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.”

ESCAPE-pain is available across Cheshire East, contact us to find your closest programme.

12 WEEK PROGRAMME FOR £27

For further information email:
ebhealthy@everybody.org.uk or phone: **01270 685589.**