

Osteoarthritis in your Hip or Knee?

Please follow this link to read Wiltshire Health and Care's Osteoarthritis patient information leaflet:

<http://wiltshirehealthandcare.nhs.uk/wp-content/uploads/2019/01/WHCDec20180Ahipknee-1.pdf>

Try the Online ESCAPE pain course....

If you would like additional help trying to improve/manage your knee/hip pain, try using the ESCAPE-pain digital tools and follow the programme twice a week (further information below).

ESCAPE pain digital tools

ESCAPE-pain Online, and the ESCAPE-pain app both replicate the face-to-face programme you would normally be offered and are free to use.

ESCAPE-pain Online is the web-based version of the ESCAPE-pain app. It can be accessed <https://escape-pain.org/ESCAPE-pain-Online> and viewed on a computer or mobile device. No need to have a smart phone.

1.

Overview

ESCAPE-pain App

ESCAPE-pain Online

ESCAPE-pain Online

What is ESCAPE-pain Online?

ESCAPE-pain Online is a free resource produced in the NHS by the Health Innovation Network and Salaso Solution Ltd. It is a web-based version of the ESCAPE-pain app.

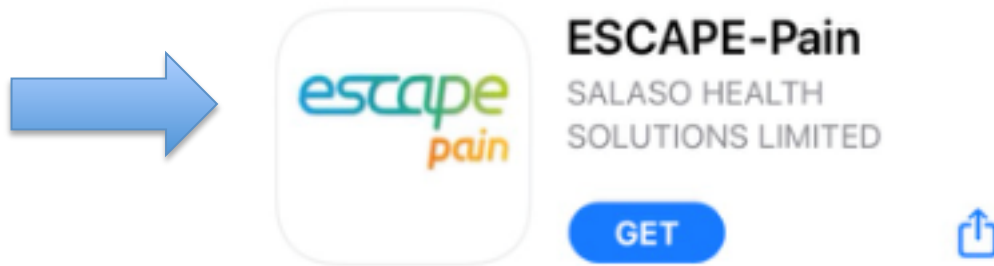
ESCAPE-pain Online offers participants a new platform from which to access the programme. It complements the well-established face-to-face group programme (that is delivered in over 160 sites across the United Kingdom), and serves as an alternative to the mobile app.

To create an account and start using the programme, or to access your existing account, please click on the button below:

[Access ESCAPE-pain Online](#)



2. **ESCAPE-pain app** is available on Android smartphones and tablets.



Both tools take you through a six-week programme, with two sessions per week, each containing:

- Exercise videos with simple, easy to follow exercise with clear instructions that were developed so people could do the exercises safely in their homes;
- Educational videos with engaging animations giving simple advice and information to help people understand how to better manage their condition;
- Individual progress chart to track their improvement over time.

Try these [top tips](#) for getting the best out of the ESCAPE-pain support tools available via the ESCAPE pain homepage:

<https://escape-pain.org/ESCAPE-pain-Online>



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Enabling **Self-management**
and Coping with **Arthritic Pain**
using **Exercise**