**Osteoarthritis in your Hip or Knee?**

Please follow this link to read Wiltshire Health and Cares Osteoarthritis patient information leaflet:

[Managing-hip-or-knee-osteoarthritis.docx (live.com)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwiltshirehealthandcare.nhs.uk%2Fwp-content%2Fuploads%2Fsites%2F8%2F2022%2F04%2FManaging-hip-or-knee-osteoarthritis.docx&wdOrigin=BROWSELINK)

**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.

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1. **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](https://www.dropbox.com/s/wvpwb22mztnqpql/ESCAPE-pain%20digital%20tools%20guidance%20-%20March%202020.pdf?dl=0) 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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