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ESCAPE-pain is supported by the Health Innovation Network (HIN) and Arthritis Research UK (ARUK)

[For a full list of our endorsements and partnerships please click here](#)

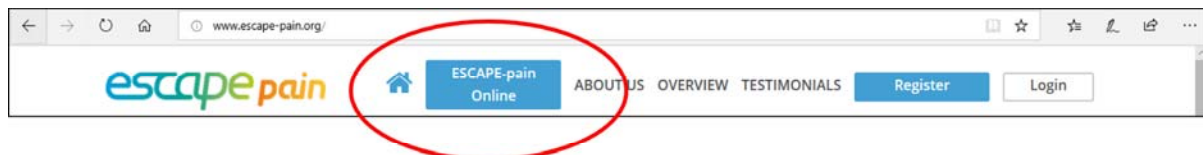
Launch of ESCAPE-pain Online

We are pleased to announce the launch of ESCAPE-pain Online - a web-based version of the ESCAPE-pain app. It complements the well-established face to face group programme, and serves as an alternative to the free app which is available on IOS and Android devices.

We have developed ESCAPE-pain Online so that participants can access the programme whether they are using a mobile phone, tablet or personal computer. It offers a new platform from which to access the programme so is particularly helpful for those that don't live near a class or who don't have access to a smart phone.

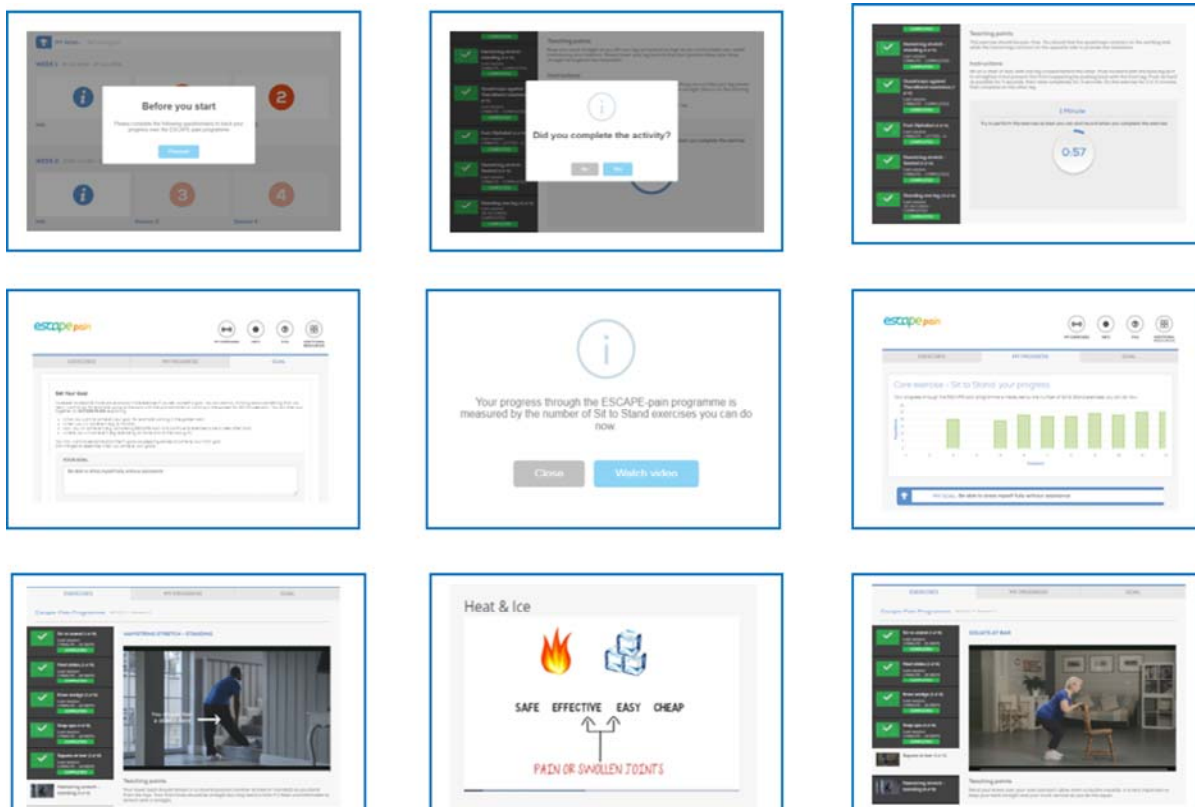
It is best viewed on a computer and can be accessed via the ESCAPE-pain website homepage

<http://www.escape-pain.org/>



Key features:

- Clear instructions and guidance
- Allows participants to set goals and track progress
- 8 educational videos and engaging animations covering key topics on how to manage the condition better
- 16 high quality exercise videos showing you how to improve joint pain and exercise safely and regularly in a home environment.



As with the free ESCAPE-pain app, ESCAPE-pain Online is a support tool, provided for reference only. We therefore recommend that it is not used as the sole basis for treatment, prescription or care. It should be used in conjunction with the advice and professional judgment of a GP or other healthcare provider.

Joint Pain Advisor: Results from our NICE approved intervention helping people self-manage their knee, hip and/ or back pain

We are pleased to share positive findings from recent Joint Pain Advisor study in Greenwich. The Joint Pain Advisor model of care is a safe and cost effective alternative to GP consultations. Involving a series of face-to-face consultations over 6 months, advisors work collaboratively with people with hip and/or knee osteoarthritis and/or back pain, focusing on supporting education and self-management.

This model has been previously delivered by physiotherapists as Advisors but this new, small-scale study trained health trainers to deliver the advice in the community. The study has shown that using community health trainers to deliver the Joint Pain Advisor model is effective. Many participants of the study said that their pain was dramatically reduced and movement has returned. They reported taking fewer pain-killers as well as increased mobility, ability to carry out activities of daily living and weight loss if needed.

The finding is significant because extending the model to community health trainers could result in much faster growth and mean that many more people can benefit from the service.

The Joint Pain Advisor model of care can be delivered by a wide range of professionals e.g. physiotherapists, health trainers / advisors, outreach workers and other allied health professionals across a range of settings: primary care, community, at home or in the workplace. Joint Pain Advisor is currently available in Shropshire and Merton, and soon to launch this Summer across Croydon, Bromley and Cornwall.

Please visit our [website](#) to read the [full evaluation report](#) and [case study](#).

Back Pain Forum - last few spaces remaining

Do you have an interest in Back Pain? Or are you working with patients with back pain?

We will be hosting our next Back Pain Forum on Friday 13th July 2018 at the Burrell Street Auditorium, South London. The forum is a regular in-person information sharing event showcasing local and national back pain initiatives and new innovations for professionals and managers working with back pain or whom have an interest in or influence over back pain services.

[Find out more about the forum and register here.](#)

ESCAPE-pain Facilitator Training Course: New Locations

London

Register to attend on Friday 13 July 2018

Register to attend on Wednesday 15 August 2018

Register to attend on Tuesday 18 September 2018

Bristol

Register to attend on Thursday 13 September 2018

For more training dates please visit our website: <http://www.escape-pain.org/about-escape/training>

SAVE THE DATE

escapepain conference

Wednesday, 12 December 2018
Robens Suite, Guy's Hospital, London

**Speaker programme
and registration to follow**

Supported by:



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