

# Arlene's story

Arlene used to suffer from extreme joint pain which was preventing her from doing routine tasks like getting in/out of the bath, putting on tights and getting up out of a chair. It started to affect the way Arlene walked and this began to take its toll on her. Having to climb the stairs at home was becoming increasingly challenging and also crossing the road or walking to the bus. These restrictions started to affect her mood.

Before being referred into the ESCAPE-pain programme, Arlene used to manage her pain with pain killers and steroid injections. She was also offered surgery which she was eager to avoid. Early on in the programme, Arlene began to see improvements to her health and lifestyle.

Arlene now hardly ever takes painkillers and hasn't attended a GP appointment since starting the programme. She is able to stand more upright which has improved her walking. Her sleep has improved and she has lost over a stone in weight which was a welcome side effect of getting more active. She now exercises every day. One of Arlene's biggest achievements has been to climb in and out of the bath again after a 10-year hiatus.

"My life has changed massively...I'm not afraid to go out, to cross the road."

