**Helping people stay active in a time of COVID-19**

ESCAPE-pain is a rehabilitation programme for people with chronic joint pain of the knees or/and hips, also known as osteoarthritis, that integrates simple education, self-management and coping strategies, with an exercise regimen individualised for each person. There is lots of information on our website <https://escape-pain.org/>

The programme is usually delivered as a face-to-face class to groups of about 10 people in Physiotherapy Outpatient Departments, leisure or community venues. Over 290 venues across the UK now deliver ESCAPE-pain. However, the COVID-19 epidemic has meant these venues have been forced to suspend face-to-face classes. This has encouraged us to find new ways of supporting people with knee and hip pain who are now confined to their homes.

We hope our free-to-use ESCAPE-pain smartphone app and online programme can help people remain active and manage their joint pain during this time:

1. [ESCAPE-pain Online](https://escape-pain.org/support-tools/ESCAPE-pain-Online) can be viewed on a range of mobile devices but is best viewed on a computer;
2. The [ESCAPE-pain app](https://escape-pain.org/support-tools/escape-pain-app) is available on Android devices from the app site.

Both tools require users to register and then follow a 6-week programme, with 2 sessions each week, using exercise and educational videos and measuring the user’s ability at the start and end so they can see their progress.

However, we have now made the [exercise](https://escape-pain.org/living-with-joint-pain/external-exercise-videos) and [educational videos](https://escape-pain.org/living-with-joint-pain/external-educational-videos) freely available so that people don’t need to create an account, for people who don’t wish to follow a structured programme and just want a reminder of how to do an exercise.

1. The [exercise videos](https://escape-pain.org/living-with-joint-pain/external-exercise-videos) are designed so that the exercises could be done in a home setting using everyday household items like chairs or steps. They are simple and easy to follow with audio instructions. Just click on each video to get started. You don’t have to do them all, choose a few you find easy, then add or drop exercises as you want. If you want to view the exercise in full screen mode, click on the bottom right hand corner of each video where you can see a small square. Why not also look at our top tips on how to exercise safely in your home?
2. The [educational videos](https://escape-pain.org/living-with-joint-pain/external-educational-videos) – these videos can be viewed at any time to learn more about your joint pain. They give simple advice and information to help people learn about how to better manage their condition. Just click on each video to get started. If you want to view the video in full screen mode, click on the bottom right hand corner of each video where you can see a small square.
3. In addition, some ESCAPE-pain sites have started delivering virtual ESCAPE-pain classes twice weekly. So, if you’re one of those people who would benefit from the interaction and would find it more motivating then follow us on Twitter [@escape\_pain](https://twitter.com/escape_pain) to find out where and when these are happening.

Finally, we recommend reading through our [ESCAPE-pain support tools guidance](https://www.dropbox.com/s/tk5r1nqg28wd4nh/ESCAPE-pain%20digital%20tools%20guidance%20-%2009%20April%202020.pdf?dl=0) which contains our top tips for getting the best out of the tools.

Please keep in touch, and contact [hello@escape-pain.org](mailto:hello@escape-pain.org) with any questions.

The ESCAPE-pain Team