





## ESCAPE-pain Support Tools

|   |                    |   |
|---|--------------------|---|
|   | Android app        | Available free of charge - the app consists of education and exercise videos to help you manage your joint pain.   |
|   | ESCAPE-pain Online | Available free of charge - this is a web-based version of the app. It is best viewed on a computer and is accessed via the ESCAPE-pain website <a href="https://escape-pain.org/ESCAPE-pain-Online">https://escape-pain.org/ESCAPE-pain-Online</a> . You don't need a smartphone to use it. |
|  | Website            | <a href="https://escape-pain.org/">https://escape-pain.org/</a>   |

**These support tools are provided for reference only. They are not to be used as the sole basis for treatment, prescription and care of your condition and health. They should be used in conjunction with the advice and professional judgment of your GP or other healthcare practitioner.**

### Top tips for getting the best out of the ESCAPE-pain support tools

**We recommend the app or ESCAPE-pain Online for people who wish to follow a structured exercise programme that can track their progress.**

1. The app/ESCAPE-pain Online is a structured programme which requires you to complete two sessions per week over six consecutive weeks. You can only progress to week two when a full week has passed since you created your account. For example, if you set up your account on a Tuesday at 3pm, your week two would only be available the following Tuesday at 3pm, and so forth.
2. Because the clock starts ticking for week one as soon as you register an account, only register your account when you are ready to start the programme.
3. The programme will ask you to complete a set of questionnaires before you progress to session one. It is important to complete these in full before logging out as the system might ask you to do them again the next time you log in.
4. There are 12 sessions in total. Each session has an education video and a selection of exercises.

5. The exercises can be completed at home or in any other suitable space. Each of the exercises has a demonstration video with written and spoken instructions.
6. Each exercise video has a timer so you can countdown the time spent doing the activity. You have the option of choosing a one- or two-minute countdown.
7. Once you have completed each exercise you will be prompted to either enter in the number of repetitions you were able to complete, or just confirm that you have finished the activity.
8. The programme only prompts you for the repetitions of one joint/side so choose the joint/side that is giving you the most difficulty. This does not mean you cannot do the exercise on both sides, just that the programme won't ask you to record both sets of repetitions.
9. Log out at the end of each session to allow the programme to update fully.
10. ESCAPE-pain Online has an added feature – the '**RESET PROGRESS**' button. This allows you to repeat the programme from the start. It will clear your exercise repetitions and questionnaire data and begin the programme again from week one.

**Please note:** To access either ESCAPE-pain Online or the app you will need to create a profile. These two tools are not interlinked therefore your username and password only apply to that tool for which you created the profile and cannot be used interchangeably on both systems. The systems are also not able to recognise if you have previously attended a face-to-face ESCAPE-pain class.

**If you would prefer to not use a structured programme we have made the videos from the app freely available on our website, so you don't need to create an account to view them.**

1. The [exercise videos](#) are designed so that the exercises can be done in a home setting using everyday household items like chairs or steps. They are simple and easy to follow with audio instructions. There are sixteen different exercises videos. You do not have to do them all, choose a few you find easy, then add or drop exercises as you want. On this page you will also find our top tips on how to exercise safely in your home.
2. The [educational 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 any exercise or educational video to get started. If you want to view the videos in full screen mode, click on the bottom right-hand corner of each video where you can see a small square.

---

**Please feel free to leave a review of your experience of using the ESCAPE-pain support tools. This will help to inform future improvements.**

If you have used the Android ESCAPE-pain app you can leave a review by following the below steps:

- On your device, tap the app store icon;
- Once the app store opens to the Featured page, tap the Search icon at the bottom of the screen.
- In the search bar, enter ESCAPE-pain;
- Once you find ESCAPE-pain in the search results, tap on the icon (left side). Do not tap 'open' as this will open the app itself;
- Scroll down to the Ratings & Reviews section and click on 'write a review' and/or click the number of stars you wish to rate the app.

If you have feedback about the website or ESCAPE-pain Online (desktop application) please email us at [hello@escape-pain.org](mailto:hello@escape-pain.org)

