

ESCAPE-pain programme

Participant Exercises



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Participant exercises

General exercises

Exercise	Description	Demonstration
Shuttle walking	<ul style="list-style-type: none"> Walk between the markers Remember to change direction halfway through 	
Cycling	<ul style="list-style-type: none"> Pedal using a stationary bicycle or pedals Progression To make it harder, increase the resistance 	
Step ups	<ul style="list-style-type: none"> Stand in front of a step Step up and down onto the step Hold onto a rail if you feel unsteady Remember to change legs halfway through 	
Sit to stand	<ul style="list-style-type: none"> Stand up from a chair then sit down slowly Progression To make it harder don't use your hands to push up 	
Wall slides	<ul style="list-style-type: none"> Back against the wall, feet shoulder width apart Feet one stride from the wall Bend your knees to no more than 45 degrees whilst sliding your back down the wall Return to standing 	
Wall press ups	<ul style="list-style-type: none"> Hands on the wall shoulder width apart Lean into the wall by bending your elbows and keeping your back straight Return to the start position 	

Hamstring stretches

- Sitting with leg to be stretched straight out in front of you on your bed with the other foot touching the floor
- Bend forward at the hip until you feel a gentle stretch in the back of your leg

Or

- Standing, place foot on a step
- Lean forward until you feel a stretch in the back of your leg
- Hold stretches for 15 seconds



Back exercises

Exercise	Description	Demonstration
Knee rolling	<ul style="list-style-type: none"> • Lie on your back with your knees bent • Gently rock your knees side to side 	
Cat and camel	<ul style="list-style-type: none"> • Start on hands and knees • Gently arch and hollow your back • Head down when you arch • Head up when you hollow 	
Back extensions	<ul style="list-style-type: none"> • Lying on your front arch your back by pushing through your arms onto your elbows <p>Progression</p> <ul style="list-style-type: none"> • Push through your hands with your elbows straight 	
Knee hug	<ul style="list-style-type: none"> • Hug both knees towards your chest • Hold for up to 15 seconds then relax back to the start position • Only hug one knee to your chest if it is too difficult to do both 	

Hip exercises

Exercise	Description	Demonstration
<p>Clam</p>	<ul style="list-style-type: none"> • Lie on your side with your knees bent • Gently lift the upper knee whilst keeping hips still • Return to the starting position 	
<p>Hip out</p>	<ul style="list-style-type: none"> • Place foot in band • Hold onto a support • Feet shoulder width apart • Take leg out to the side then slowly return to start position <p>This exercise can be done without a band or with an ankle weight instead</p>	
<p>Hip back</p>	<ul style="list-style-type: none"> • Place foot in band • Hold onto support • Take foot out behind and slowly return to start position <p>This exercise can be done without a band or with an ankle weight instead</p>	
<p>Hip stretch 1</p>	<ul style="list-style-type: none"> • Holding a support • Grasp ankle and gently bring your heel towards your bottom • If you are unable to reach your ankle use a towel looped around your ankle <p>Or</p> <ul style="list-style-type: none"> • Lie on your front • Hold ankle or loop a towel around it • Bring heel towards your bottom • Hold Stretches for 15 seconds 	

Hip stretch 2

- Step forward with the leg to be stretched at the back
- Bend the front knee until you feel a stretch in the front of your hip.
- You may need to lift your back heel off the floor

Or

- Lie on the couch/bed with the leg to be stretched over the side
- Draw other knee towards you until you feel a stretch

Hold stretches for 15 seconds



Hip stretch 3

- Step to the side
- Hold onto something supportive if you feel unsteady
- Bend your knee until you feel a stretch in the inner thigh of the straight leg




Or

- Lying on your back, knees bent
- Let one knee fall out to the side until you feel a stretch in the inner thigh

Hold stretches for 15 seconds



Knee exercises

Exercise	Description	Demonstration
<p>Knee straight</p>	<ul style="list-style-type: none"> Put foot into band in a figure of eight Straighten knee against resistance of the band Slowly lower to the start position <p>This exercise can be done without a band or with an ankle weight instead</p>	
<p>Knee wedge</p>	<ul style="list-style-type: none"> Place wedge under knee Lift heel off bed until leg is straight then slowly lower start position <p>Progression</p> <ul style="list-style-type: none"> Add an ankle weight 	
<p>Leg alphabet</p>	<ul style="list-style-type: none"> Sit on edge of bed or chair Keep your leg straight and write the alphabet with your leg <p>Progression</p> <ul style="list-style-type: none"> Add an ankle weight 	
<p>Knee slides</p>	<ul style="list-style-type: none"> Sit or lie on the couch Slide your heel towards your buttock keeping your heel on the couch Slowly straighten your leg 	