

## ESCAPE-knee pain

### EFFECTIVE

– improved pain, physical functioning and psychosocial well-being

#### Attributed to:

- **Better understanding and knowledge of**
  - self-management and coping strategies
  - treatment options (drugs, exercise, diet and weight control) and their rationale
  - know what (not) to do
- **Positive experiences of exercise**
  - safe, did not exacerbate pain
  - tangible, meaningful reduction in symptoms
  - increased exercise self-efficacy
- **Therapist**
  - caring, trusted
  - exercise expert
- **Structure and environment**
  - group interaction - discussion, shared learning, observing improvement in others
  - controlled, safe, familiar, time for discussion

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### Beliefs

Causes - unchanged

Management

exercise can control symptoms  
alternative to drugs  
delay/avoid surgery; increased  
self-efficacy, self-confidence,  
self-esteem.

Worries - lack of support, facilities,  
weather

Prognosis – unchanged but more  
optimistic; surgery best option

### Behaviour

Increase exercise and physical  
activity, eg walking

Self-managing

Reduce medication

## ESCAPE-knee pain

### INEFFECTIVE

– little or no improvement

#### Attributed to beliefs about :

- **Treatment** – exercise wont help; surgery  
only effective treatment
- **Person** - too young; too old
- **Condition** - too mild; too severe

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### Beliefs

As at baseline

### Behaviour:

As baseline