**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

**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

**Beliefs**
As at baseline

**Behaviour:**
As baseline