How do I join the Chronic Knee Pain Programme?

Courses are run in Sittingbourne and Deal. You will need a GP referral.

If you want to find out more or are not sure how to be referred, please contact the Musculoskeletal Physiotherapy Service on 0300 123 0854 or contact your local team using the details below.

**Sittingbourne Memorial Hospital**  
Bell Road, Sittingbourne ME10 4DT  
Phone: 01795 418358  
Email: kcht.physiosittingbourne@nhs.net

**Victoria Hospital, Deal**  
London Road, Deal CT14 9UA  
Phone: 01304 865426  
Email: kcht.dealphysiotherapy@nhs.net

**Sittingbourne Memorial Hospital**  
Bell Road, Sittingbourne ME10 4DT  
Phone: 01795 418358  
Email: kcht.physiosittingbourne@nhs.net

**Victoria Hospital, Deal**  
London Road, Deal CT14 9UA  
Phone: 01304 865426  
Email: kcht.dealphysiotherapy@nhs.net

Web: www.kentcht.nhs.uk/physio

“Now you have given me the tools I need to carry on.”  
**Maddison, Sittingbourne**

“It was a lovely group, full of life changing tips, and lots of fun.”  
**Marion, Sittingbourne**

**Customer Care Team**

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

**Phone:** 0300 123 1807  
8am to 5pm Monday to Friday. Please ask if you would like the team to call you back

**Text:** 07899 903499

**Email:** kcht.cct@nhs.net

**Address:** Customer Care Team,  
Kent Community Health NHS Foundation Trust,  
Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ

**Web:** www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff. You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.
What is the Chronic Knee Pain Programme?

The programme consists of evidence-based exercise and education classes.

Classes last 90 minutes and run once a week, for six weeks.

The aim is to help people appropriately manage their chronic knee pain.

Who can take part?

Anyone over the age of 40, who has experienced chronic or degenerative knee pain for at least six months and is fit to do gentle exercise, may benefit from the programme.

It is unsuitable for people with unstable medical conditions who are unable to exercise, those with communication problems that prevent them participating in a group setting or those with psychiatric problems; with the exception of mild depression.

People with severe joint pain that limits mobility to less than 50 metres, or those requiring more than a stick to mobilise are unlikely to benefit from this programme.

What’s covered?

Each session starts with a talk and discussion. It lasts about 20 to 30 minutes and is led by a physiotherapist. The talk covers managing the knee problem, with plenty of opportunity for questions.

The physiotherapist will introduce a series of exercises, which you are encouraged to practice according to your individual abilities. This lasts up to an hour. Exercises are simple and easy to do, such as bending and straightening the knee, sit to stand from a chair and step-ups.

Progress is recorded on an exercise sheet and home exercises are gradually introduced. A booklet containing all relevant information accompanies the course and supports you to continue with activities once the programme has finished.

Weekly plan example

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