

## What happens next?

Following your referral to CHAIN, you will be contacted by BH Live to arrange your welcome appointment. During this session, a specialist exercise referral consultant will complete a one-to-one assessment. The programme will be explained, personal goals will be set and a comprehensive physical assessment will be completed.

Participants will then attend six weeks of cycling and education at a local leisure centre, such as the Littledown Centre or Pelhams Park Leisure Centre. Each week they will receive a different education session and will participate in a specially designed indoor cycling exercise class.

A home exercise programme will be prescribed for each participant, and plans for lifestyle changes and ongoing exercise participation into community based activities will be made.

At the end of the programme, a one-to-one progress review will occur. Participants will be given a report of their progress and a personalised plan for their ongoing self-management.

If you have any questions, please contact your referring practitioner.

**We hope you enjoy CHAIN!**

### Data sharing

If you chose to participate in CHAIN, information about you will be shared between Royal Bournemouth Hospital, BH Live and Bournemouth University. Following your referral to CHAIN from RBCH, you will be contacted by BH Live to arrange your welcome appointment. There is a data sharing agreement in place between the organisations involved to ensure that only relevant patient data are accessible to appropriate staff members of these organisations. All information will be kept confidential and managed in accordance with data protection legislation.

Information about you and your health is held and used for the purposes of providing healthcare services to you. RBCH will seek your permission to share information about you with BH Live and Bournemouth University as part of the CHAIN project. Results will then be returned to RBCH for inclusion in your medical records. You have the right to withhold or withdraw your permission to information sharing at any time; however this will mean that you will not be able to participate in CHAIN. You also have the right to request copies of the information that the organisations hold about you. Further information regarding use of your data can be found at [www.rbch.nhs.uk/privacy](http://www.rbch.nhs.uk/privacy), [www.bournemouth.ac.uk/privacy](http://www.bournemouth.ac.uk/privacy) and [www.bhliveactive.org.uk/privacy-notice](http://www.bhliveactive.org.uk/privacy-notice)

“ The sessions were really beneficial and I particularly enjoyed working within a group environment; I found this to be very motivating. ”

	Session	Details
Week 1	CHAIN Welcome Appointment	Baseline Measures Personal Goal Setting
Week 2	Welcome to CHAIN	Education and Cycling Session
Week 3	Why Cycling is Good	Education and Cycling Session
Week 4	Diet, Nutrition and Supplements	Education and Cycling Session
Week 5	Optimising Pain Relief	Education and Cycling Session
Week 6	Exercise and Support	Education and Cycling Session
Week 7	Lifestyle Change	Education and Cycling Session
Week 8	Completion Assessment	End of programme measures Goal setting review


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 @BU\_orthopaedic

# BU

Bournemouth  
University

**NHS**

The Royal Bournemouth  
and Christchurch Hospitals  
NHS Foundation Trust

# CHAIN

Cycling Against Hip Pain



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[www.bournemouth.ac.uk/ori](http://www.bournemouth.ac.uk/ori)

## Welcome to CHAIN

The CHAIN (Cycling Against Hip Pain) programme is a 6-week exercise and education treatment pathway for people with hip pain.

It is designed to promote the self-management of hip pain and is based on the latest NICE guidelines for the treatment of osteoarthritis. These guidelines recommend local muscle strengthening, aerobic exercise, and education as a core part of the treatment. Cycling strengthens muscles around the hip, helps to reduce pain, and is an excellent form of aerobic exercise.



“ I knew I was fitter and had lost weight, but I was very pleased with the much improved flexibility of my hip and pelvis. ”

“ The programme made me realise that exercise was the best way to improve my pain and the use of my leg. It has made such a difference to me. ”



Results from the CHAIN programme:

**86%**  
of participants

reported improvements in walking and completing daily activities.

**100%**  
of participants

said they would recommend the programme to a friend.

**83%**  
of participants

had increased leg strength.