



FREE FROM PAIN™

A functional rehabilitation programme to improve health, increase ability and provide vitality in your senior years

- 1) Are you over 60?
- 2) Do you struggle with arthritic or general muscle aches or pains?
- 3) Would you like to improve your health?

If you have said yes to these questions, then this programme could be perfect for you!

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FREE FROM PAIN EXERCISE BOOK

Exercises to Improve Health, Increase Ability and Provide Vitality in Your Senior Years



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FREE FROM PAIN HEALTH GUIDE

Incorporating Lifestyle Medicine to Improve Health, Increase Ability and Provide Vitality in Your Senior Years



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1) A BASIC INTRODUCTION

FREE FROM PAIN™ is a 12-week functional rehabilitation programme created by Consultant Orthopaedic Surgeon, Dr George Ampat. There are four parts to the programme.

These are:

i) **CONSULTATION WITH DR GEORGE AMPAT, CONSULTANT ORTHOPAEDIC SURGEON** (optional). The consultation is optional and can be “Online” or “Face-to-Face”:

- (1) The Online consultation is available throughout the UK.
- (2) The Face-to-Face consultation is only available in London, Manchester, Liverpool and Southport.

ii) **FREE FROM PAIN – EXERCISE BOOK.**

The exercise book consists of three parts. The three parts are as follows:

- (1) 12 Inspirations to exercise
- (2) 12 Metaphors to understand musculoskeletal pain and how to address it.
- (3) Details on how to perform all three forms of exercises included in the programme; The OTAGO exercise programme for balance and leg strengthening, motor control exercises for the lower back pain and the Isometric and strengthening exercises for the neck and shoulder pain.

iii) **FREE FROM PAIN – HEALTH GUIDE** (optional).

Consists of 15 chapters and provides details on lifestyle changes to improve health. The main principles are based on the findings from the “Blue zones” of the world (1), where people are healthier and live longer on average.

iv) **12 EXERCISE CLASSES** comprising of a short talk, discussion, Q&A and exercise session. The classes can be accessed either:

- (1) Online (available throughout the United Kingdom) or
- (2) Face-to-Face Group Classes (available only in Formby and Birkdale in Southport, Merseyside, UK) or
- (3) Private One-to-One Classes (available only in our clinic at 681, Liverpool Road, Ainsdale, Southport, Merseyside, UK).

The exercises conducted during the class cover all body parts and aim to improve strength and reduce pain. Participants can join at any time and, from joining, will be invited to participate in 12 weekly sessions. The classes run once a week for 12 weeks and roll over every 12 weeks. Even if you miss a class, you can join the class later on in the following cycle.

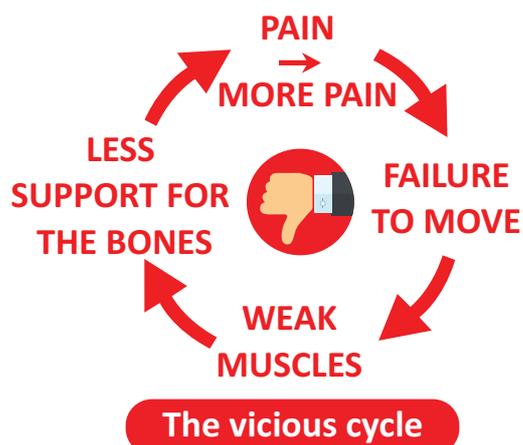
2) WHO IS THIS PROGRAMME AIMED AT?

The **FREE FROM PAIN™** programme is designed for people over 60 and aims to help seniors with musculoskeletal pain and those who wish to try non-surgical options for managing their pain. The programme is also suitable for those who have already tried surgical treatments and did not get the results they had hoped for.

Furthermore, this programme can potentially help people who are not necessarily experiencing pain but want to increase their strength and mobility.

3) WHY IS THIS PROGRAMME IMPORTANT?

The benefits of participating in this programme are multifactorial. We know from various studies that engaging in regular physical activity has been shown to



The vicious cycle needs to be converted into a victorious cycle

keep us more youthful and prevent cognitive decline (2). Let us go through a few other benefits of participating in exercise:

i) IT WILL HELP TO STOP THE VICIOUS CYCLE OF PAIN

When people are in pain, either due to injury or otherwise, they may be reluctant to exercise out of fear that it will make the pain worse. Unfortunately, avoiding exercise may lead to more problems in the long term. Lack of movement can cause the muscles surrounding the affected body part to weaken, thus reducing the support these muscles can provide.

Consequently, this can further increase the pain and the chance of further injury. This lack of stability resulting from the original injury is just the starting point of a vicious cycle.

Research studies show that exercises improve muscle strength and reduce the perception of pain (3). In other words, exercise acts as a painkiller, reducing an individual's overall sensitivity to pain.

ii) IT WILL HELP TO REDUCE SARCOPENIA

As we get older, our muscles weaken as part of the natural ageing process. This

wasting of muscle mass is called Sarcopenia (4). Muscle loss and weakness decreases stability and increases the risk of falling and future injuries. Unfortunately, there are no medicines or injections that can stop this from happening. The only way to reverse muscle loss is to engage in exercises like the ones offered in this 12-week programme.

iii) IT WILL HELP TO DECREASE RELIANCE ON MEDICATIONS

As a society, we have become more reliant on medicines. Although necessary in some cases, medicines and medical interventions, when utilised needlessly, can cause harm. Research analysis shows that medical errors are the third greatest cause of death in the United States and is responsible for killing seven to eight times more people than firearms or guns each year (5).

4) SO HOW DOES THIS PROGRAMME WORK?

i) **THE CONSULTATION** (this is optional):

(1) **The Online Consultation** will be through the teleconferencing platform Zoom. Please note that the online consultation has limitations and is not intended to

be a full replacement of the Face-to-Face consultation.

- (2) **The Face-to-Face Consultation** is only available in London, Manchester, Liverpool and Southport.

ii) **THE FREE FROM PAIN EXERCISE**

BOOK comprises of three parts:

(1) **12 inspirations or reasons to exercise.** These provide details from established research on why you should exercise.

(2) **12 Metaphors.** Metaphors are a powerful and effective patient education tool. Metaphors help the mind to grasp novel concepts by linking them to something that is similar but not identical (6). These metaphors help patients understand the concept of disease and encourages them to take ownership of their pain and be more active in their pain management.

(3) **Three evidence-based exercise programmes.** The book provides detailed descriptions and images of each exercise. You can also view the exercises on our YouTube channel <https://www.youtube.com/c/GeorgeAmpat>. You could use these materials for exercising at home regularly. We suggest that you exercise either three or five times each week.

iii) **FREE FROM PAIN HEALTH GUIDE** (optional).

Explores the principles from lifestyle medicine to improve health, increase ability and provide vitality in your senior years.

iv) **THE EXERCISE CLASSES.**

The classes will run once a week for 12 weeks, excluding the two weeks around Christmas and Easter:

(1) **Online Group Classes.** The classes are live streamed on the online teleconferencing platform Zoom. Links to join the online classes will be sent out via email before the class. A contact number will be made available if you run into any technical difficulties.

Wednesday 3 PM to 4 PM

(2) **Face-to-Face Group Classes.** We currently have two locations where the in-person group classes will take place.

These are at:

Holy Trinity Formby
Rosemary Lane
Formby, Liverpool
Merseyside, L37 3HA
Friday 1 PM to 2 PM

St. James Church
26 Lulworth Road
Southport
Merseyside, PR8 2BQ
Friday 3 PM to 4 PM

(3) **Private One-to-One Classes.**

These classes will also run once a week for 12 weeks. These classes will be on a One-to-One basis with our in-house Sports Therapist.

This is only available at our clinic in Ainsdale;

Free From Pain
681 Liverpool Road
Ainsdale, Southport
Merseyside PR8 3NS
Ring 01704 579337

The classes will begin with a short talk for five minutes. This will then be followed by a group discussion with Q&A for ten minutes allowing interaction between members of the group. The exercise will then follow for 45 minutes.

5) WHAT EVIDENCE IS THIS PROGRAMME BASED ON?

i) **THE EXERCISE PROGRAMME.** There are three separate components that make up the exercise programme:

(1) OTAGO EXERCISES — Leg strengthening

This home-based programme originated in the Otago region of New Zealand (7) and was designed to improve balance and prevent falls using muscle-strengthening and balance-retraining exercises. Although preventing falls was the initial objective of the Otago exercise programme, studies have also shown that the programme can improve the symptoms of musculoskeletal / arthritic pain (8).

(2) MOTOR-CONTROL EXERCISES (MCE) for Lower back pain

Patients sometimes complain that even small movements can cause severe spasms of back pain. Research has shown that this pain is both due to a lack of coordination and a lack of muscle strength. Working out the wrong muscles at the wrong time may be the cause of this discomfort. Motor Control Exercises (MCE) (9) allow the retraining of these muscles and increases their endurance, thereby providing relief from back pain.

(3) NECK & SHOULDER ISOMETRIC EXERCISES for Neck and Shoulder pain

Patients with neck pain sometimes say that exercise increases their pain and as a result they stop exercising. Unfortunately, ceasing all exercise has actually been shown to make things worse. Increased pain may be a result of performing a particular exercise incorrectly. Most of the exercises recommended for neck pain usually involve attempting to increase the range of movement but attempting to do so may actually cause the increase in pain. Research shows that isometric and strengthening exercises of the neck and shoulders provide better relief (10). We believe that it is essential to focus on the strength initially and not the range of motion. Once adequate strength has been achieved, increased ranges of movement will come naturally.

6) HOW WE MAKE SURE WE ARE DOING OUR BEST

We always strive for excellence and, as a result, we would like to monitor your progress over the course of the 12 weeks. We will ask you to fill out some standard questionnaires before and at the end of the programme. Any changes to your answers in the questionnaires will help us to understand how effective the programme is, and where to make necessary changes. In order for us to collect, store, and perform analysis on the information you give us, we will ask for your full permission before going ahead with the programme. You can be rest assured that all data will be handled sensitively and your identity will be protected at all times.

7) WHAT ARE MY OPTIONS?

To make sure that we cater to everyone, we have different variations of the programme, each varying in price. This will

allow you to pick and choose certain parts of the programme that will work best for you and your budget.

Consultation with Dr Ampat (Optional)	
Online (available throughout the UK)	£100.00
Face-to-Face (available only in London, Manchester, Liverpool and Southport)	£150.00
FREE FROM PAIN EXERCISE BOOK	
Independent purchase from www.freefrompain.org.uk or Amazon	£18.00
Reduced price with consultation or on joining the classes	£10.00
FREE FROM PAIN HEALTH GUIDE (Optional)	
Independent purchase from www.freefrompain.org.uk or Amazon	£18.00
Reduced price with consultation or on joining the classes	£10.00
Exercise classes	
12 Online Group Exercise Classes (available throughout the UK)	£120.00
12 Face-to-Face Group Exercise Classes (available only in Formby and Birkdale, Southport, Merseyside)	£120.00
12 Private One-to-One Classes (available only in our clinic at Free From Pain, 681, Liverpool Road, Ainsdale, Southport, Merseyside)	£540.00

8) WHAT ARE THE RULES / IMPORTANT POINTS?

- i) Please ensure that you are in a reasonable physical condition and can participate in the exercises.
- ii) Please discuss with your doctor that you are planning to start this functional rehabilitation programme. Please also discuss this with your next of kin or friends. Follow their advice.
- iii) Do not start the Free From Pain or any exercise programme if your doctor or other qualified health provider advises against it.
- iv) You should understand that there is the possibility of physical injury when participating in any exercise or exercise programme. In addition, if you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek urgent medical advice.
- v) If you engage in this exercise or exercise programme, you agree that you do so at your own risk and are voluntarily participating in these activities.
- vi) To perform this exercise or exercise programme in a safe way, you must make sure that the area you use is safe, flat, is clear of any obstacles, including edges of loose carpets and spacious enough for the type of activity.
- vii) Confidentiality. During the group discussion, participants will be sharing many personal and sensitive issues. Please respect the emotions of everyone in the group - all emotions are valid. Please keep all discussions confidential, Vegas-style. This is a safe space in which we

would like everyone to feel comfortable expressing themselves. What is discussed in the group stays in the group!

9) WHAT EQUIPMENT DO I NEED

The exercises are designed to be done at home with minimal equipment. The only equipment you need are:

- i) Some chairs/table,
- ii) Ankle weights (1/2 or 1kg on each leg)
- iii) Exercise/resistance bands about two meters long (lighter and easy bands to start with). The ankle weights and exercise/resistance bands are available in most sports stores or online.
- iv) An exercise mat. If you cannot get on the floor, you can use your bed as long as you have a firm mattress.

10) WHAT DO I DO NOW?

You can join any option at any time. These classes roll over once in 12 weeks. Even if you miss a class, you can join the class later on in the following cycle. Participation in each exercise is entirely voluntary. We only ask that you do what you can! You do not need to have had any prior experience in a gym setting, and all ability levels are welcome. We would love to have you involved! If you would like to book yourself onto the programme or even chat with us about which option would suit you best, please email us at exercise@ampat.co.uk or call us on 01704579337.

11) REFERENCES

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- Most of the references quoted above are freely available on the internet.

11) TESTIMONIALS

“Before attending the Free from Pain exercise classes, I had a painful left knee and mobility problems from near falls. But after attending the classes for about a year, my mobility improved tremendously. I can now go out for walks without pain and my near falls have stopped due to my strengthened thigh muscles.”

Female 78

“I attended these exercise classes following surgery for replacement of a broken hip. I have no doubt that the classes vastly helped in my recovery.”

Male 84

“I am a small, very overweight 75 year old and I never engaged in any form of exercise. But these classes gave me a totally new outlook. I do the exercises conveniently during my everyday life. They are gentle yet effective.”

Female, 75

“I can now stand up without any assistance which I couldn't do before and haven't fallen since doing exercises, my balance is much better. I found the exercises very helpful and enjoyable.”

Female 75

“I was diagnosed with a prolapsed disc. I attended the exercise classes. I carried out the routine as instructed. I felt immediate benefits and I have been free of pain since.

Male 81



**For further information:
Call: 01704 579337 or
E-mail: exercise@ampat.co.uk**