

**Abridged Curriculum Vitae of
Mr. George Ampat MS FRCS (Tr & Orth)
Consultant Orthopaedic Surgeon with special interest in Spinal Disorders**

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www.ampat.co.uk
www.bandaide.co.uk
www.freefrompain.org.uk

Short Bio - Mr. Ampat works as a Consultant Orthopaedic Surgeon at Royal Liverpool University Hospitals and as a Clinical Teacher at the School of Medicine, University of Liverpool. Mr. Ampat is the Secondary Care (Orthopaedics) Director of the British Society of Lifestyle Medicine. After years of surgical practice, Mr Ampat now specialises in treating people with spine, feet and other musculoskeletal problems without surgical intervention and with lifestyle modification. He has developed the "BANDAIDE" (aka Back And Neck Discomfort relief with Altered beliefs, Intelligent postures, Dynamic movement and Exercises - <http://www.bandaide.co.uk/>) functional rehab programme to help people suffering from back and neck pain. For seniors with generalised musculoskeletal pain, he has developed a separate functional rehab programme called "FREE FROM PAIN" (aka Fear Reduction Exercise Early with Food from plants, Rest and relaxation, Organisation [family & friends] and Motivation [Ikigai] to help with Pain from Arthritis and to Increase Natural strength - <https://www.freefrompain.org.uk/>). "Free from pain" combines the knowledge from the blue zones with the fusion of three different exercise programmes including the Otago exercise programme. Mr. Ampat has written books, published in peer-reviewed medical journals and lectures both nationally and internationally. Mr Ampat is also a paid consultant for Aetrex Worldwide, Inc. which involves Research, Teaching and Speaking. Outside work he enjoys time with his wife and two daughters. Mr. Ampat attends church regularly and occasionally preaches on a Sunday. He derives his inspiration from his eldest daughter Talita who is profoundly handicapped and wheelchair-bound due to Cerebral Palsy.

MEDICAL QUALIFICATIONS

FRCS (Tr and Orth)	May	1999	InterCollegiate Board (Edinburgh)
FRCS (Surg in Gen)	June	1994	Royal College of Surgeons Glasgow
Dip NB (Orth)	Jan	1993	National Board of Examinations, India
M.S. (Orth)	July	1992	PGIMER, Chandigarh, India.
D. ORTH	April	1989	JIPMER, Pondicherry, India.
MBBS	Sept	1986	University of Madras, India.

MEDICAL REGISTRATION

General Medical Council, London. No.4392747

Medical Protection Society Membership No 210571

MEDCO Registration DME7313

Membership also with

British Medical Association,
British Orthopaedic Association,
British Association of Spinal Surgeons

British Society of Lifestyle Medicine
EuroSpine and
Manchester and District Medico Legal Society.

CUMULATIVE WORK EXPERIENCE

Job Title	Experience	Job Title	Experience
Consultant	20 years (2001 to present)	Senior House Officer	7 years (1987-1994)
Spinal Fellow	1 year (2000)	Pre Reg House Officer	1 year (1986-87)
Specialist Registrar	6 years (1995 - 2000)		

Author of 2 Self help books (both available on Amazon)

1. Simple steps to help with back & neck pain by Dr. George Ampat 48 pages £5 ISBN-13: 978-0-9956769-1-6
2. BANDAIDE - Back And Neck Discomfort relief with Altered beliefs, Intelligent posture, Dynamic movement and Exercises 20 pages £2.50 by Dr. George Ampat ISBN-13: 978-0-9956769-2-3
3. FREE FROM PAIN EXERCISE BOOK: Exercises to improve health, increase ability and provide vitality in your senior years 88 pages £18.00 ISBN-13 : 978-0995676947