



FREE FROM PAIN

**A therapeutic neuroscience
education programme with exercise**

**Improve Health, Increase Ability
and Provide Vitality**

1) Free From Pain™- What is it?

Free From Pain is a Therapeutic Neuroscience Education and Exercise programme to help decrease musculoskeletal pain and improve mobility in older adults with arthritis in the hips, knees, neck and lower back. This programme is also suitable for patients who are on the waiting list for joint replacement surgery (Prehab). Participation may potentially help them to come off the waiting list and avoid surgery. Patients who are not fit for surgery or those who prefer not to undergo surgical intervention can also benefit from engaging in the programme.

3) Where is the programme conducted?

The one-to-one consultations and the group consultations will be available at the Free From Pain clinic, Southport, Pall Mall Medical, Liverpool, and Bloomsbury Osteopathic Clinic, London.

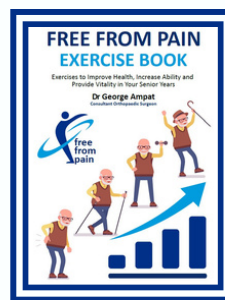
PRICING

Initial one-to-one consultation	£150.00
2 Books + ankle weights + resistance bands for exercise	£50.00
12 Group consultations	£600.00
Final one-to-one consultation	£100.00
Total (Pay-as-you-go)	£900
Total (Paid upfront)	£750

2) What is included in the programme?

- **Initial One-to-one Consultation** with Dr George Ampat, Consultant Orthopaedic Surgeon.
- **The Complete Collection of Free From Pain Books** to aid and guide you through the programme.
- **Ankle weights & Resistance bands**
- **12 group consultations led by Dr. George Ampat.** Each session comprises of a short talk, discussion, Q&A and exercises.
- **Final One-to-one Consultation with Dr George Ampat.**

OUR BOOKS



Book 1 - Free From Pain Exercise Book contains 12 inspirations, 12 Metaphors and illustrated descriptions of three evidence-based exercise programmes.



Book 2 - Free From Pain Principles of Lifestyle Medicine to help with musculoskeletal pain and arthritis. Contains lifestyle changes one can adopt to improve health.

You can fund the programme privately, or you can obtain funding from your insurance company or the NHS Integrated Care Board.

Unfortunately, we are not able to liaise directly with the insurance Company or the NHS Integrated Care Board to obtain funding. However, we are prepared to give them any information about the programme.



EXERCISES

The exercises include:



OTAGO EXERCISES

Muscle strengthening and
balance retraining exercises



MOTOR CONTROL EXERCISES FOR THE LOWER BACK



ISOMETRIC EXERCISES FOR THE NECK

What equipment do I need?

The exercises are designed to be easily done at the clinic and at home with minimal equipment. Equipment, including ankle weights and exercise/resistance bands will be provided as part of the programme. When exercising at home, you will only need to ensure you have a chair/table for support.

Independent exercise at home

Between classes, you will also be asked to exercise independently at home. We suggest that you exercise 5 times each week.

Please note that during Group Consultations, both you and others who are part of the group will be sharing medical information. You should only share what you want to share. There is no obligation to share personal information that you do not want to share. However, all of us will respect each other and be bound by group confidentiality.



The main principles are based on the evidence from the "Blue Zones" of the world, where people are healthier and live longer on average.

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

QUALITY ASSURANCE

We always strive for excellence, and as a result, we would like to monitor your progress over the course of the programme. We will ask you to fill out some standard questionnaires throughout the programme. 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 always be protected.

WHAT DO I DO NOW?

We would love to have you involved! If you would like to book yourself onto the programme or even chat with us for further information, please email us at exercise@ampat.co.uk or call us on 01704 579337.



www.freefrompain.org.uk

Free From Pain
681 Liverpool Road, Southport PR8 3NS