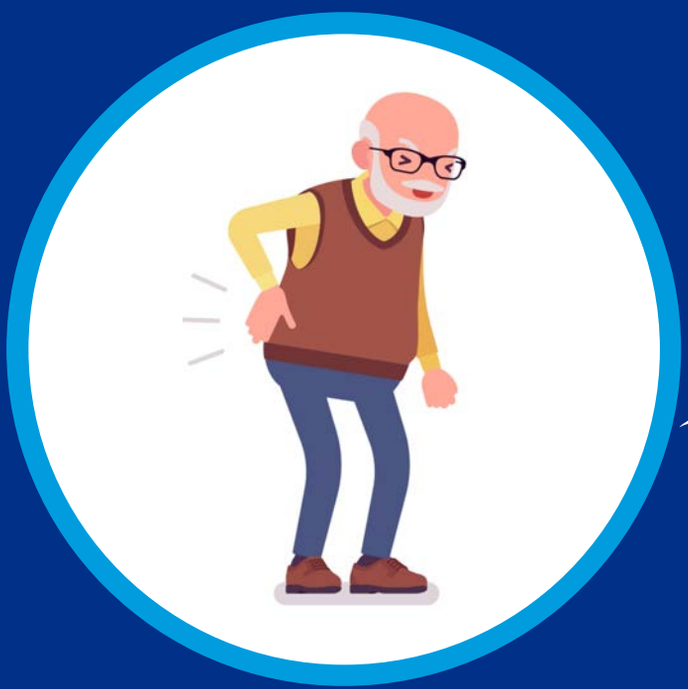
FREE FROM PAIN



CONVERTING DISABILITY

TO VITALITY IN OLDER ADULTS

What is Frailty?

Frailty is a health problem that can happen as we get older. The body slowly loses strength and balance. It also becomes harder for the body to bounce back after being ill or injured. Even small things, like an infection or a new medicine, can make a person feel weaker or lose some independence. Frailty is common, but it does not have to happen to everyone. With the right exercise and support, you can help prevent it, slow it down, or even reverse it.

Why do I become frail?

As we get older, our muscles can get smaller and weaker. This slow change is called sarcopenia. It often starts around the age of 50. It happens to everyone, but it happens faster if we do not move much. When muscles get weak, everyday tasks feel harder. This can make a person more likely to become frail. About 1 in 10 people aged 50–59 have sarcopenia. As we age, it becomes worse. About 1 in 3 people aged 80 and over have it. There is no medicine for it. But strength and balance exercises can help slow it down by making your muscles stronger. This helps you stay active and independent.

How can I find out if I am frail?

You can use this questionnaire to check if you may be frail. Just answer all the questions by ticking the appropriate box on the right. Then count all the ticks in the yellow coloured boxes. If you count more than 3 ticks in the yellow boxes, then you maybe frail.

NO.	QUESTION	YES	NO
1	Are you older than 85 years old?		
2	Are you male?		
3	Do you have health problems that limit your activities?		
4	Do you need help regularly?		
5	Do you often stay home because of health problems?		
6	Can your count on someone close to you for help?		
7	Do you use a stick, walker or a wheelchair?		

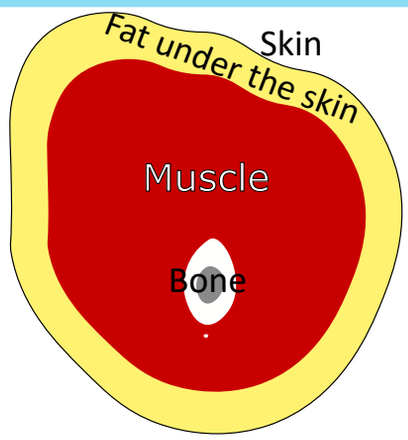
What happens if I am frail?

If you are frail, your body becomes weaker. You may take longer to get better after you are ill or injured. When your muscles lose strength, it can be harder to keep your balance. Even a small trip can make you more likely to fall. About one in three adults over 65 have a fall each year, and this rises to one in two adults over 80. Falls can affect your confidence and make daily life harder.

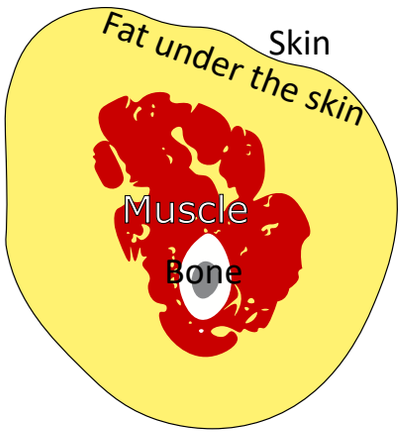
SARCOPENIA IS WHEN MUSCLES BECOME WEAKER AND SMALLER

NORMAL THIGH (HEALTHY MUSCLE)

In a healthy thigh, the muscle is thick and strong. There is only a small amount of fat around it. This helps you to walk, stand up, and move with good balance. Strong muscles protect your joints and make it easier to stay steady during everyday activities.



Cross-section of the normal thigh showing appropriate mix of muscle and fat

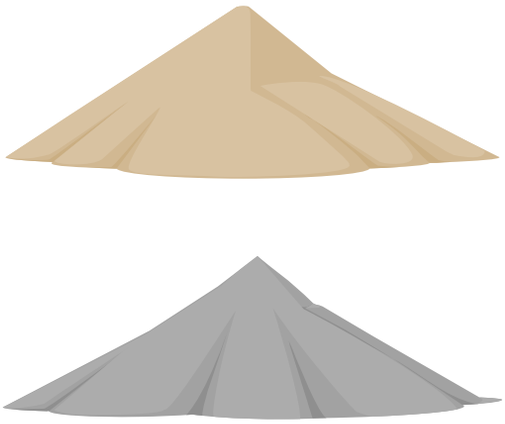


Cross-section of the thigh with sarcopenia showing higher fat to muscle ratio

THIGH WITH SARCOPENIA (LESS MUSCLE, MORE FAT)

When you have sarcopenia, the muscle becomes much smaller and weaker. More fat starts to fill the space where the muscle used to be. This makes it harder to move, stay steady, or get up from a chair. Weak muscles increase the chance of slips and falls.

To understand let us look at a building. Let us consider muscle as cement and sand as fat.
Every building needs the right mix of cement and sand. If there is too much sand in comparison to cement, then the building is not going to be strong. Similarly we need the right mix of fat and cement. You may be large but have adequate muscle. That is OK. You can be thin and have less muscle than fat. That is NOT OK even though you are thin. Whether you are large or small you need the right mix of muscle and fat. Having more fat than muscle is sarcopenia. It is like building built with more sand than cement.



EVERY BUILDING NEEDS THE RIGHT MIX OF SAND AND CEMENT

Can frailty be corrected?

Yes, research does show that frailty can often be reversed or reduced through exercise, nutrition, and lifestyle changes.
Programmes focusing on strength, balance, and coordination help rebuild muscle and improve independence.
Even small, regular improvements in activity make a big difference.

Can I be too old to exercise?

Absolutely not. Exercise is safe and beneficial at any age. Gentle, supervised movement can improve strength, reduce pain, and increase confidence. This will help you stay active and independent for longer.

How can I check my strength?

There is a simple way to check leg strength and to determine if your frail. It is called the 30-Second Sit-to-Stand Test (30s STS).

🪑 How to do it:

1. Sit on a stable chair, feet flat, arms crossed across your chest.
2. Stand up and sit down as many times as you can in 30 seconds, without using the armrests for support.
3. Count your total number of repetitions.

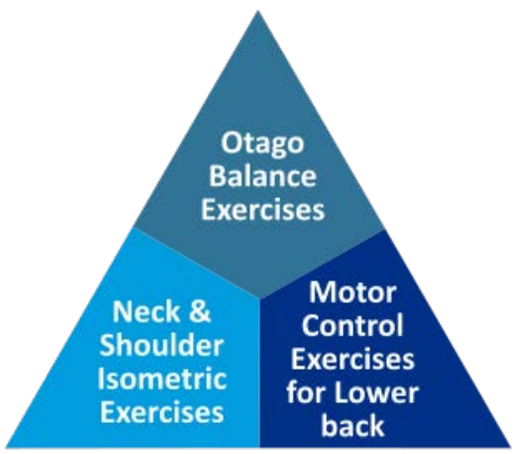
💡 What it means:

- Fewer than 12 stands may suggest lower leg strength or early frailty.
- More stands show better strength and independence.

You can safely do this test on your own, but if you have balance issues or dizziness, have someone nearby for support.
Regular strength and balance exercises can help improve your score — and your confidence.

What is the unique programme I can enrol into?

The Free From Pain Programme is a drug-free, injection-free, 12-week rehabilitation plan designed mainly for adults over 60.
It is ideal for those with joint or muscle pain, stiffness, or general weakness who want to stay active, improve balance, and reduce the risk of falls.
The programme has three components: Otago balance training, Motor Control Exercises for the lower back, and Isometric strengthening for the neck and shoulders. This will help relieve pain, restore movement, and build lasting strength and confidence.



THE OTAGO EXERCISE PROGRAMME

Front knee strengthener exercise using ankle weights

Developed in New Zealand by Robertson and Campbell, the Otago Programme offers simple, safe, and easy-to-follow strength and balance exercises for older adults that have been proven worldwide to enhance stability and reduce falls.

What Research Shows

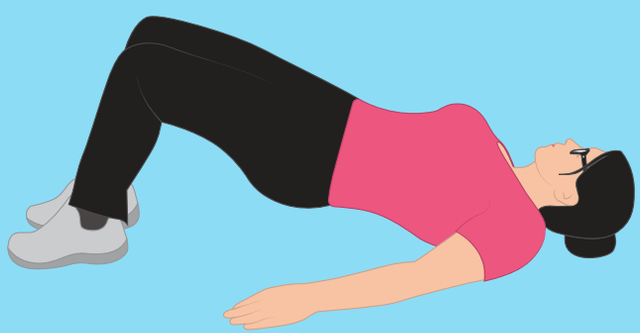
- Fewer Falls – falls and injuries ↓by 35%.
- Live Longer – Keeps you active and independent.
- Less Pain – Eases stiffness and arthritis.
- Better Balance – Boosts posture and confidence.
- Cost-Effective – ↓healthcare costs.

ISOMETRIC EXERCISES FOR NECK & SHOULDER PAIN

Many exercise programme focus on increasing the range of movement. That is not correct. Research evidence shows that strengthening exercises are better than stretching. The isometric strengthening exercises focus on increasing strength. We find that once the strength improves, the range of motion naturally improves.

Slide flexion exercise using the palm of your hand

MOTOR-CONTROL EXERCISES (MCE) FOR LOWER BACK PAIN



Bridge (Supine Plank): Safe to Do on the Floor or Bed

Back pain often develops when the deeper small muscles stop working properly. This causes the outer larger muscles to work more. That may cause more pain when exercising. Motor Control Exercises (MCE) retrains the deeper small muscles and restores the balance between the muscle groups. This gives increased confidence to patients and decreases pain with time.

READY TO START
HOW TO JOIN THE PROGRAMME

Step 1: Sign up

Scan the QR code or visit www.ampat.co.uk

01704 579337 **exercise@ampat.co.uk**

Be part of a supportive community committed to improving their lives and finding lasting relief from pain.

Step 2: Choose your package

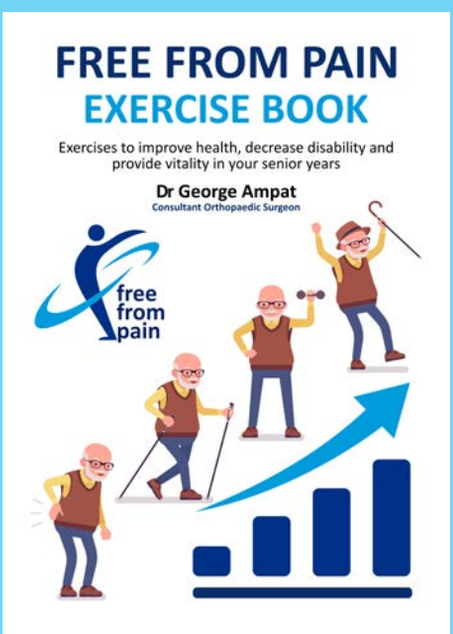
All packages include 12 sessions of exercises + weights + resistance band + books
1)Online - £200
2)Group Face to Face - £300 (only in Southport, Merseyside)
3)One-to-One Face to Face - £600 (only in Southport, Merseyside)

Step 3: Receive your welcome pack

We'll send you your Class schedule, Zoom link (if online) and tips to get started.

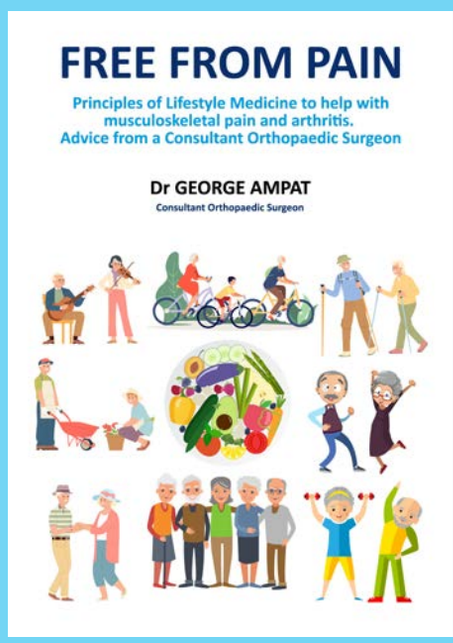
Step 4: Start your journey

Arrive at the clinic/join your zoom session and begin moving "Free From Pain".



Both books are authored by Mr. George Ampat Consultant Orthopaedic Surgeon with 25 years of experience

Minimise medication, scale down surgeries and exercise enthusiastically



MEET OUR TEAM

Mr. George Ampat
Consultant Orthopaedic Surgeon

Miss. Sarah Joseph
Physiotherapist

BONUS - PRACTICE ANYTIME

Check out a selection of our exercises on our YouTube channel.
www.youtube.com/@GeorgeAmpat

Otago Exercise Programme

Exercises for Neck pain

Exercises for Lower back pain

MEASURING YOUR PROGRESS

To help you see your improvement, we'll check your progress before and after the programme through a few short surveys.
These will look at your pain levels, movement, confidence, and overall wellbeing.
You'll receive the surveys online by email, or in printed form if you prefer. They only take a few minutes to complete and help us tailor the programme to your needs.

JOIN THE FREE FROM PAIN PROGRAMME TODAY

free from pain

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