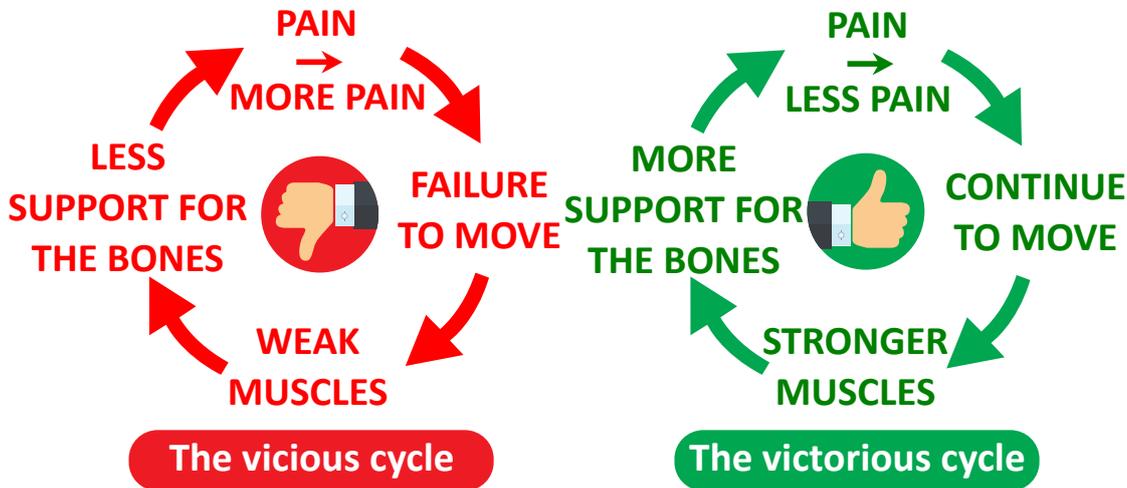


A poem giving guidance on how to exercise
Too much too fast, will be a boom and bust
But if you just sit and rest, you will only rust
So in your diary find a space
To exercise in any place
A regular and consistent pace
Will help you succeed and win the race

Exercises compiled by
Mr. George Ampat
Consultant Orthopaedic Surgeon
 Reviews at
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01



Arthritis is wear and tear of the smooth cartilage at the ends of bones. It is a burden to carry.

02



We wrongly assume pain means harm and don't move our muscles. This makes the muscles weak. The weak muscles make the pain of arthritis worse.

03



Exercising even when there is pain is important. Research shows that once the muscles regain strength, the arthritic pain becomes less.

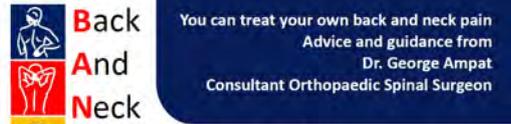
04



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Strong muscles help one to cope with the pain of arthritis. It is also important to ensure that the muscles do not become weak.

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Exercises for neck pain - 1



Normal



Stretching



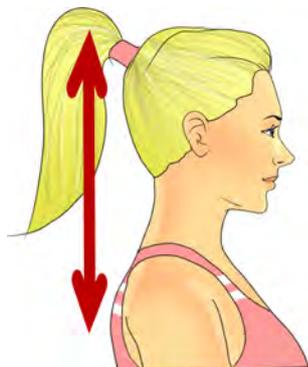
Strengthening



Stretching or strengthening exercises - The answer is still not clear. However more evidence seems to support strengthening rather than stretching for neck and back pain. Increasing the strength will improve stability and the improved range of motion should naturally follow.

Tilt the neck - Place the palm of your right hand above the right ear on the side of your head. Attempt to tilt your head to the right shoulder. Resist the movement with your right hand. Hold this position for a count of 10. Gently relax and repeat on opposite side. Repeat 3 times.

Rotate the neck - Place the palm of one hand on the cheek bone in front of your ear. Attempt to rotate (turn) your head to the right whilst resisting with your hand. Hold this position for a count of 10. Gently relax and repeat action with the other hand. Repeat 3 times.



Stretch the neck - Keep the head and neck in neutral. Slowly lengthen / stretch the back of the neck as far as possible. Hold this position for a count of 10. Gently relax to neutral. Repeat 3 times.



Angle the neck - Place the palm of one hand on the forehead. Attempt to move chin towards your chest and look at your toes. Resist the movement with your hand. Hold this position for a count of 10. Gently relax to neutral. Repeat 3 times.



Look up - Intertwine fingers of both hands and place behind head keeping elbows bent. Attempt to look to the top whilst resisting the action with your hands. Hold this position for a count of 10. Gently relax to neutral. Repeat 3 times.



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combat back and neck pain
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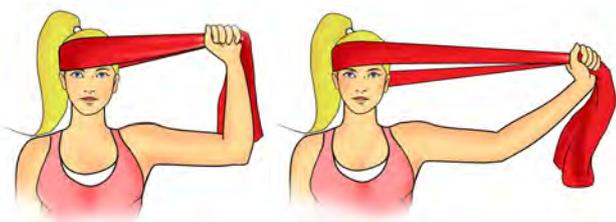


Lifestyle medicine for
bone and joint pains

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Neck strengthening exercises with Elastic resistance bands

For the exercises on this page you will need a band that is at least 1 m long. Hold the ends of the band in your hands



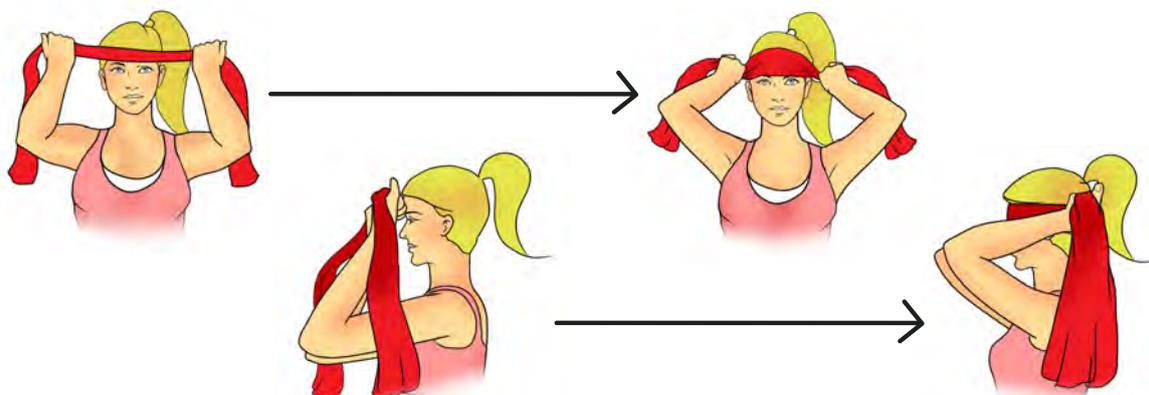
Neck pull left

Loop the band around the top of the head and on the right. Hold both the ends together with the left hand. Straighten your left elbow. Keep your head steady and resist the pull. Hold for a count of 10. Release slowly and repeat 3 times.



Neck pull right

Loop the band around the top of the head and on the left. Hold both the ends together with the right hand. Straighten your right elbow. Keep your head steady and resist the pull. Hold for a count of 10. Release slowly and repeat 3 times.



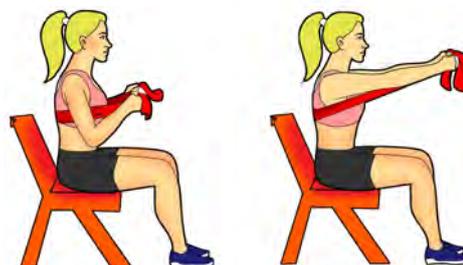
Neck push backward

Place the centre of the band on the forehead at the front. Hold each end with each hand. At the start position, the forearms are pointing upwards and slightly backwards. Now gently push the hand backwards pulling the band across the forehead. At the end position, the forearms should be pointing backwards. Keep your head steady and resist the pull. Hold for a count of 10. Release slowly and repeat 3 times.



Neck pull forward

Loop the band at the back of the head. Hold each end with each hand. Pull both the ends forward by straightening your elbows. Keep your head steady and resist the pull. Hold for a count of 10. Release slowly and repeat 3 times.



Arm push forward

Loop the band behind your chest. Hold each end with each hand. Push hands forward and pull the band across the back. Hold for a count of 10. Release slowly and repeat 3 times.



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