



ARISE

ORTHO PREHAB

A - AWARENESS

R - RESISTANCE

I - INDIVIDUAL

S - STABILITY

E - ESSENTIAL

A Neuromuscular Education and Exercise Plan supported by clinical research for Patients awaiting Hip or Knee replacement surgery, or as a non-surgical treatment for Hip or Knee arthritis

What is Ortho Prehab?

Prehab (short for prehabilitation) is a set of exercises and activities done before surgery to make the body stronger, build endurance, and lower the chance of complications when you finally have surgery. It is like training for a marathon. We realise that you are not running a marathon, but just like how a marathon runner trains before the event, you need to train before surgery. Having a major surgery is as stressful to the body as is running a marathon. Training and making yourself fitter will help you in your journey. The best part is that even if you do not need surgery the training will make you better, decrease your pain and make you more mobile. It is a win-win situation.

Who is this for?

This is for patients who have knee or hip arthritis or are on the waiting list for knee or hip replacement surgery. If you are on the waiting list for surgery, the programme will make you fitter and healthier for surgery. Even if you are not listed for surgery but have been diagnosed with hip or knee arthritis, then the exercises will decrease your pain and make you more mobile.

Can I exercise? I have been told that my arthritis is very bad.

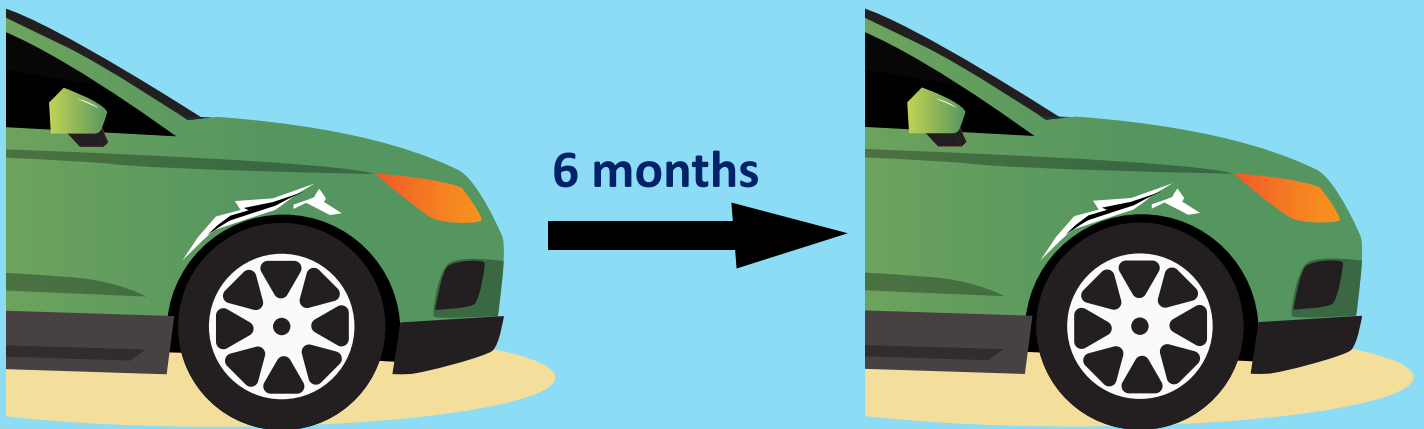
Yes, you can exercise even if your arthritis is very bad and even if your X-ray has shown bone-on-bone. A couple of things to note. Osteoarthritis is wrongly called "wear and tear" arthritis. That is not strictly true. Objects that do not have life, like our car and our shoes, undergo wear and tear. Our bodies have life and undergo "wear and repair". Even if your joint is bone-on-bone, exercising will increase the blood supply, bring in more nutrients and nourish the bone and cartilage. This increased blood supply will provide healing and repair. Not exercising and being sedentary only makes the situation worse.

What if I do not exercise?

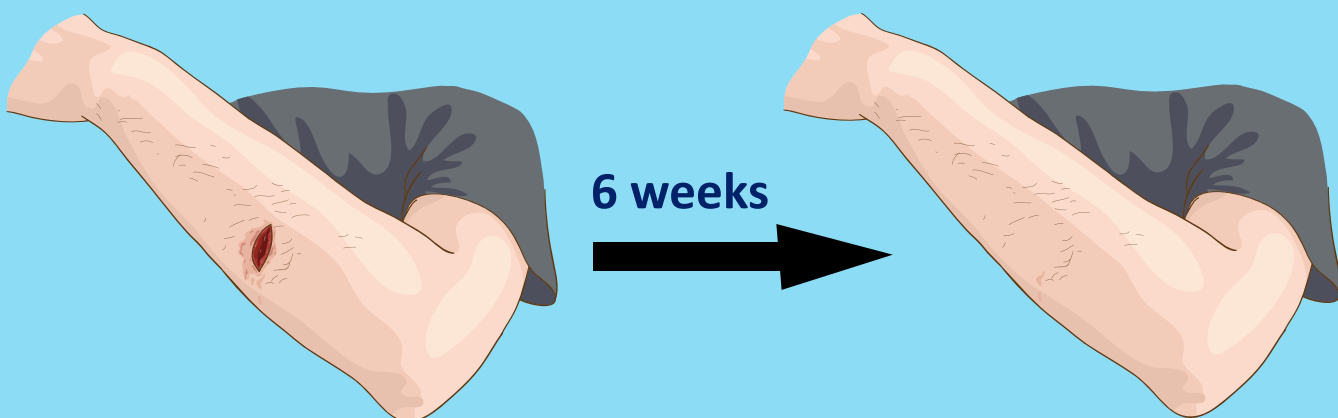
If you do not exercise, your pain will increase, and your mobility will decrease. When your mobility decreases, your heart and lungs do not work well. Having a healthy heart and lungs is important before surgery. Having a weak heart and lungs will increase the chance of complications like pneumonia (infection in the lung), blood clots, heart failure, heart attack and may make you remain in hospital for a longer period. Staying in the hospital for longer periods will increase your exposure to other bugs, and you may develop an infection.

IN THE BODY IT IS NOT "WEAR & TEAR" IT IS "WEAR & REPAIR"

"Wear and Tear" occurs in objects such as cars, which lack life and the ability to repair themselves. For example, if our car gets scratched on the fender, it cannot heal the damage on its own. Even after 6 months, the scratch remains.



Our bodies have life and can repair themselves when damaged. A wound in the arm heals in 6 weeks because our bodies have life, and they can repair themselves when injured. This process that occurs inside the body is called "Wear and repair". This even happens in arthritic joints.



Hence, it is wrong to call Osteoarthritis "Wear and Tear" arthritis. It should be called "Wear and Repair" arthritis. Engaging in appropriate exercise can optimise our bodies' readiness for surgery and recovery. It may also potentially decrease pain significantly to allow you to completely avoid surgery.

What Exercises are best for Arthritis?

Many people believe that exercises like walking or swimming are best for hip or knee arthritis. While these activities can help relieve symptoms, neuromuscular exercises often provide greater overall benefits. In arthritis, it is not only the muscles that become weak — the joints also lose some of their ability to sense movement and position, known as proprioception. Neuromuscular exercises address both issues by improving muscle strength and joint control at the same time. By retraining how the body senses and responds to movement, these exercises help improve stability, reduce pain, and make everyday activities easier and safer.

Why are Neuromuscular exercises good?

Many forms of exercise are beneficial for health and rehabilitation. Unfortunately, some exercises can cause increased pain when one first begins, often due to joint instability. This pain can discourage patients and lead to poor compliance with exercise programs. However, neuromuscular exercises help to stabilise the joints and reduce instability. As a result, patients experience less pain when starting exercise, which increases their confidence and improves compliance with their rehabilitation or fitness routine.

Is there any evidence that neuromuscular exercises are better?

Yes, there is a lot of evidence that supports neuromuscular exercises for hip and knee arthritis.

52% ↓ in use of pain-killer – Thorlund JB et al., Br J Sports Med, 2021

40% ↓ in requiring hip replacements – Clausen S et al., Arthritis Res Ther, 2021

68% ↓ in requiring total knee replacements – Skou ST et al., Osteoarthritis Cartilage, 2018

What is the unique programme that I can enrol into?

The ARISE OrthoPrehab Programme is a specialised neuromuscular exercise and education plan designed to reduce pain, improve movement, and enhance recovery, whether you are waiting for surgery or managing arthritis without surgery. ARISE stands for:

A - Awareness: Improve joint sense (proprioception)

R - Resistance: Build muscle strength

I - Individual: Tailored to your specific needs

S - Stability: Strengthen your core and joint control

E - Essential: Focus on functional, everyday movement

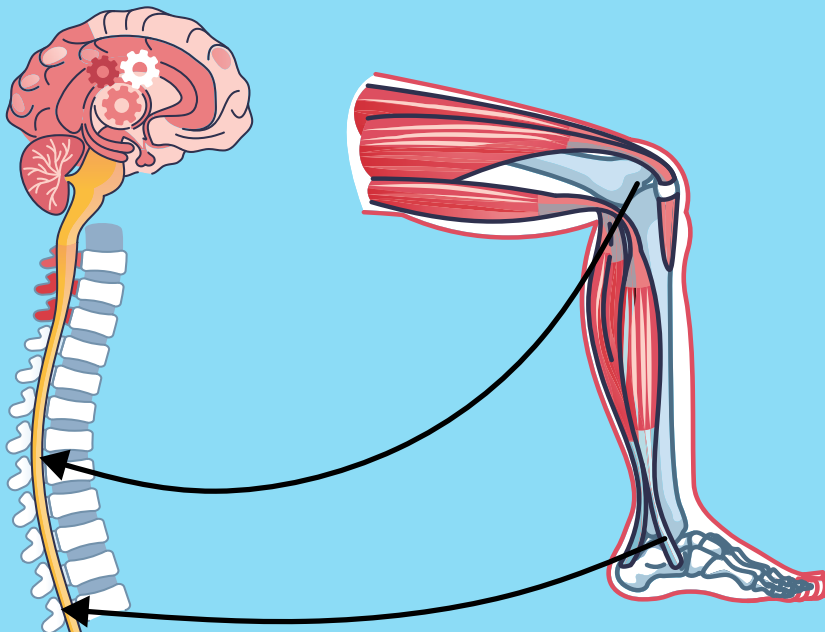
The ARISE Programme helps you move better, feel stronger, and regain confidence in your daily activities.

PROPRIOCEPTION - THE ABILITY TO SENSE POSITION AND MOVEMENT



Backward slide - One of the exercises in the ARISE OrthoPrehab Programme

As the hip and knee move through different positions, nerves within the joints send information to the brain about their position, the forces acting on them, and how quickly they are moving. The brain uses this information — called proprioception — to coordinate movement, recruit the right muscles, and maintain stability and balance. In people with osteoarthritis, this sensory feedback is often disrupted, which can make joints feel unsteady and increase pain while moving.



The brain merges the information from the knee and feet to improve balance

When doing the backward slide exercise, the hip and knee joints send signals to the brain about their position and movement. The nerves in the feet also send messages about their position and how they react to the floor. The brain combines all this information to understand where the body is and how it is moving. This process is how neuromuscular exercises train both the body and the brain to work together more effectively.

READY TO START?

HOW TO JOIN THE PROGRAMME

Step 1: Sign up

 Scan the QR code or visit www.orthoprehab.org.uk

 01704 579337  info@orthoprehab.org.uk



Join hundreds of others preparing for surgery the smart way

Step 2: Choose your package

All packages include 12 sessions of exercises + weights + sliders + book

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".

Bonus - Practice anytime

Check out a selection of our exercises on our YouTube channel.

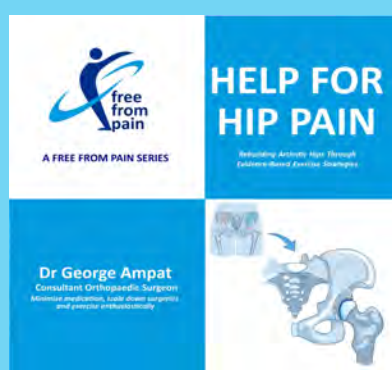
www.youtube.com/@GeorgeAmpat



Exercises for
knee pain



Exercises for
hip 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



Mr. James Fountain
Consultant Orthopaedic Surgeon



Mr. Raj Gangadharan
Consultant Orthopaedic Surgeon



Mr. David Melling
Consultant Orthopaedic Surgeon



Miss. Sarah Joseph
Physiotherapist

MEASURING YOUR PROGRESS

To track your improvement, pre- and post-programme surveys will be sent to you. These measure your pain levels, joint function, motivation, and how well you have followed your exercise plan. Your responses help us tailor your programme, monitor progress, and ensure you achieve the best possible results.





JOIN THE ARISE-ORTHOPREHAB PROGRAMME TODAY

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