

Appendix 4: Exercise on Referral - Case Studies



CASE STUDY: *Brian Parsley*

Newmarket Leisure Centre

At the end of last year, following almost two years of back and hip pain, taking regular painkillers with no real results, and needing a stick to walk any distance, I consulted my GP who recommended seeing an osteopath. His diagnosis was that the muscles at the base of my spine were tight, needing to relax, and he set to alleviating the symptoms at £1 per minute! Within four visits the pain had gone, and he advised me that the next step was to lose weight.

Over Christmas, at 20 stone 4 pounds, I made the decision to join a local group of Slimming World. With their guidance and support, I succeeded in losing 8 ½ pounds in the first week followed by 5 pounds in week two and have made steady progress ever since.

As the weight loss continued steadily I consulted my GP for advice as I felt I needed to exercise – he agreed and gave me the forms for the Active Living GP referral scheme where I met Kim Parr the GP Referral Coordinator, she assessed my needs and tailored a programme around my reasons for referral, I then attended twice a week on a regular basis.

I continue to lose weight (4 stones or 56 pounds so far, in 22 weeks) and am about to set a final target of 14 stone. I am pain free, far more active, feeling healthier, and consider that the holistic approach of osteopath, Slimming World, a sympathetic wife who is an excellent cook and Gym have combined to make the ideal solution for me.
B D Parsley





CASE STUDY:

Gillian Ward

I was diagnosed as a type two diabetic approximately ten years ago and have tried to lose weight over the last ten years; I did manage to lose some weight with slimming world but also seemed to put the weight back on when I gave up smoking.

In March 2015 during a visit to the diabetic clinic I was put on a new drug called Bydureon injection, once a week, this is a slow release suspension which would help me lose weight if I watched what I ate and managed some exercise, I don't drive so walk to town every other day to do shopping, knowing this was not enough exercise I went to the doctor to ask whether I was able to go on the Active Living Project that took place at my local gym.

At the point of joining the gym I was 15 stone in weight and very unfit, I was on a great deal of medication including Metformin tablets 500mg twice a day and 38 units of insulin three times a day.

I started to attend the gym under supervision of Kim Parr on the 5th June with the same readings as above, starting with a manageable exercise, I soon began to feel that I could complete the level of the exercises. When I started I thought that due to having a knee replacement it would stop me from achieving cycling, but this exercise seemed to help the knee to relax and I was soon cycling with the best of them.

I continued through to the end of my 12 weeks supervised sessions and had lost a total of 17 pounds over the period and my insulin intake had been reduced by the end of hospital to 20 units of insulin twice a day, this was a reduction of 36 units per day, when I attended the clinic in September they were extremely pleased with my weight loss.

I will now continue at the gym by starting a slow and easy class and using the gym as well.

I am very grateful that Kim gave me the confidence to stay the course at the gym. The way she teaches is very considerate giving you all of the knowledge of how to use the gym equipment and checking that you are using it to its full benefit by increasing the levels when you feel that you can achieve more.

