

Exercise & Wellness Videos for People with Mobility Challenges

Exercise is important because it helps us to stay healthy and makes us feel good. While recreation programs and fitness centers are closed due to COVID-19, people with mobility challenges may find it especially hard to keep active. Physiotherapists and occupational therapists from the TIME™ (*Together in Movement and Exercise*) team at the *University Health Network* have put together a list of exercise and wellness videos that are appropriate for people with mobility challenges. The selected videos work best for people who find it difficult to walk in the community and who use a cane or walker to get around. All these videos can be found online and are available free of charge.

IMPORTANT SAFETY REMINDERS

For exercises done in standing, stand beside hand supports (such as a counter or a sturdy chair back) in case you need to grab something to recover your balance. Have a chair close by to allow you to sit should your legs require a break. Have someone with you for the first few times using a new video. When exercising alone, have a phone within reach for emergencies.

DISCLAIMER: For all the videos included in this list, it is up to you to determine which exercises will be safe and beneficial for you. Do not do exercises that are beyond your fitness or ability level. Stop an exercise if it causes pain and seek medical attention if pain persists. There are risks to any wellness or exercise program. Please consult your primary healthcare provider if you are unsure if you are safe to exercise. We have done our best to select videos that are appropriate for people with mobility challenges. Please use your judgement to select the videos that are best for you.



Videos of Adapted Exercise for People with Mobility Challenges

“It’s Your Choice”, designed by physiotherapists at *Toronto Rehab* for people with multiple sclerosis and other mobility issues. Variations allow you to select the challenge that is most appropriate for you.

- Part 1: Information (6 min) <https://www.youtube.com/watch?v=kpTHDR5k-cY>
- Part 2: Seated Warm-up (12 min) <https://www.youtube.com/watch?v=XPmUqiTBEpU>
 - Seated warm-up can also be performed as a standalone exercise routine
- Part 3: Strength, Balance & Aerobics (24 min) <https://www.youtube.com/watch?v=Qh94Wl9Ecoc>

“MS Active Together” Series, developed by the *UK Multiple Sclerosis Society*

- Move More, Exercise for people with mild to moderate symptoms, 5 video playlist <https://www.youtube.com/playlist?list=PLseEst8sYZkQubzSGYkYZG9kZeYgcDZO2>
Includes: warm-up (2 min); improve your balance & stability (10 min), low impact lying down/mat work (17 min), stretch and flexibility (7 min), and a simple seated workout (23 min)
- Seated Pilates (30 min) *equipment note- requires cushion and resistance band <https://www.youtube.com/watch?v=IWkJga6ZOcU&list=PLseEst8sYZkSVKyHkC9rjkPnSsKThxfbu&index=2>

Videos of Gentle Movement Exercises, done while sitting or standing

Designed by *Toronto Rehab (LEAP Service)* therapists for people with mobility issues and/or pain. Variations allow you to select the challenge that is most appropriate for you.

- Gentle Chair Yoga (10 min) <https://www.youtube.com/watch?v=XMps5-PIJHA>
- Gentle Chair Yoga (20 min) <https://www.youtube.com/watch?v=KEjiXtb2hRg>
- Gentle Chair Yoga (30 min) <https://www.youtube.com/watch?v=1YHjBYcqJ5c>
- Tai Chi and Qi Gong (22 min) https://www.youtube.com/watch?v=pa_I5NAOW4k
- Gentle Mat Exercises (25 min) <https://www.youtube.com/watch?v=C27BEWYC2Ks>

Videos of Exercises for People to Move their Weaker Side, done while sitting

Led by physical therapists at *Flint Rehab*, designed for people with one-sided weakness after stroke

- Easy Leg Exercises (10 min) <https://www.youtube.com/watch?v=-rwby0zA6Vs>
- Hand Exercises (10 min) <https://www.youtube.com/watch?v=i0JYsLyJEnE>
- Core Exercises (10 min) <https://www.youtube.com/watch?v=dGBqTLtdVuA>
- Arm Exercises (10 min) https://www.youtube.com/watch?v=kuuGlz_ddOM



Videos for Mindfulness & Relaxation, done while sitting or lying down

Designed by *Toronto Rehab (LEAP Service)* therapists to guide you through various wellness exercises

- Breathing Space (3 min) <https://www.youtube.com/watch?v=PMcxSv4GXIA>
- Breathing Relaxation (15 min) <https://www.youtube.com/watch?v=-z6EsfFi4O4>
- Breathing With Ocean Imagery (20 min) <https://www.youtube.com/watch?v=LLHYuM3ljUs>
- Progressive Muscle Relaxation (20 min) <https://www.youtube.com/watch?v=wwLRcWz460Y>
- Body Scan Relaxation (22 min) <https://www.youtube.com/watch?v=oLUSpGNRpes>
- Self-hypnosis (25 min) <https://www.youtube.com/watch?v=JwWmRQo35xl>
- Meditation (30 min) <https://www.youtube.com/watch?v=k2ZDjPuSUv8>

NOTE: the videos in this next section are not designed specifically for people with mobility challenges, but they offer gentle fitness options. **Please use hand supports for any exercise that involves rising to stand, standing or stepping, even if not shown in the video.** If you have shoulder pain or limited shoulder and arm movement, do not attempt exercises that reach up or stretch the arm overhead.

Videos of Gentle Fitness Exercises for Older Adults

Supported by the *British Heart Foundation*, led by an exercise professional

- Strength & Flexibility (10 min) for legs in sitting and standing, with balance exercises to finish https://www.youtube.com/watch?v=NWRI2D_vb8g&feature=youtu.be
- Cardiac rehab (50 min) provides a “cardio” routine (e.g. exercises to increase heart rate and fitness) through marching, toe taps, and arm strength <https://www.youtube.com/watch?v=JsuNKbAAkU>

Supported by the *National Institute for Aging*, led by Go4Life Fitness Instructor

- 4 Lower Body Strength (10 min)- leg raises backwards, sideways, sit to stand, heel raises <https://www.youtube.com/watch?v=TOKxtgKrGCQ&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=6>
- 3 Balance Exercises (8 min) – single leg standing, heel-toe walking, exaggerated stepping <https://www.youtube.com/watch?v=DiXTIBVo1PI&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=6&t=0s>
- Sample Workout (15 min) warm up, strength, flexibility, balance exercises, and a cool down <https://www.youtube.com/watch?v=Ev6yE55kYGw>

