

# 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.



## **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=Qh94WI9Ecoc>

“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>

“Exercise tips for MS” Series, offered by *The National Multiple Sclerosis Society (USA)*. 3 challenge levels demonstrated to allow you to select best option for you. Please do not attempt the overhead arm movements demonstrated if you are experiencing shoulder pain.

- Stretching Exercise tips (11 mins) <https://www.youtube.com/watch?v=2Yd-8AspMc&list=PLnPWMdCPZiBYKgMLDthzMq1IqZXA7E zN&index=1&t=34s>
- Aerobic Exercise Tips (12 mins) <https://www.youtube.com/watch?v=N9NAj-ig6s&list=PLnPWMdCPZiBYKgMLDthzMq1IqZXA7E zN&index=2>

## **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>
- Intermediate Chair Yoga (30 min) [https://www.youtube.com/watch?v=rWIW\\_yWa03c](https://www.youtube.com/watch?v=rWIW_yWa03c)
- Tai Chi and Qi Gong (22 min) [https://www.youtube.com/watch?v=pa\\_I5NAOW4k](https://www.youtube.com/watch?v=pa_I5NAOW4k)
- Gentle Mat Exercises (25 min) <https://www.youtube.com/watch?v=C27BEWYC2Ks>



### **Accessible Dance, done while sitting or standing**

Engaging dance sessions designed to be safe & accessible for older adults with varying physical and cognitive abilities. Led by *National Ballet School* teachers. Select the Baycrest NBS Sharing Dance Seniors class option that is best for you (entirely seated, or standing with seated options).

*\*please note that you can access content for free until April 15, 2021 after which it will cost \$74.99/year.*

- Access content by creating account at <https://oa.sharingdance.ca/> (all classes approx. 20 min)

### **Movement for Stroke Survivors (adapted for One-Sided Weakness)**

*The Stroke Association* (United Kingdom) produced a series of stroke-specific exercise videos led by physiotherapists. The 12-video series includes stretching, strengthening, coordination, balance, and relaxation with 3 levels of challenge based on your mobility.

- “Stroke Specific Exercise Video Programme” 12 video library (range in duration from 7-14mins): <https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme>

Led by physical therapists at *Flint Rehab*, designed for people with one-sided weakness after stroke to move their weaker side. All done in sitting.

- 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](https://www.youtube.com/watch?v=kuuGlz_ddOM)

### **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 the 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 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](https://www.youtube.com/watch?v=NWRI2D_vb8g&feature=youtu.be)
- Cardiac Rehab at Home- Level 1 Programme (50 min) exercises to increase heart rate and fitness through marching, toe taps, and arm strength <https://www.youtube.com/watch?v=-JsuNKbAAKU>
- Cardiac Rehab (40 min) Seated Programme [https://www.youtube.com/watch?v=QZvLY\\_7-nJA](https://www.youtube.com/watch?v=QZvLY_7-nJA)

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 [www.youtube.com/Go4Life Lower Body](http://www.youtube.com/Go4Life_Lower_Body)
- 3 Balance Exercises (8 min) – single leg standing, heel-toe walking, exaggerated stepping [www.youtube.com/Go4Life Balance](http://www.youtube.com/Go4Life_Balance)
- Sample Workout (15 min) warm up, strength, flexibility, balance exercises, and a cool down [https://www.youtube.com/Go4Life 15 Sample](https://www.youtube.com/Go4Life_15_Sample)

If you know of other free online videos that have helped you stay active, please send them to us at [TIME@uhn.ca](mailto:TIME@uhn.ca)

We will add to our list as we find new videos that can help our TIME™ participants keep moving.

