

Exercise & Wellness Videos for People with Mobility Challenges

Exercise is important because it helps us to stay healthy and feel good. People with mobility challenges may struggle to keep active, with winter weather and pandemic restrictions making it harder to leave your home. So clinicians from the TIMETM (*Together in Movement and Exercise*) team at the *University Health Network* have put together a list of exercise and wellness videos that are suited to people with mobility issues. 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. These exercise videos can help you stay active from the comfort of your home.

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.

Important Recommendations: 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.

This list includes videos under each of the following categories:

- Adapted Exercise for People with Mobility Challenges (on page 2)
- Gentle Movement Exercises (yoga & tai chi), done while sitting or standing (on page 2)
- Movement for Stroke Survivors, adapted for One-Sided Weakness (on page 3)
- Mindfulness & Relaxation, done while sitting or lying down (on page 3)
- Accessible Dance, done while sitting or standing (on page 3)
- French Language Videos (on page 4)
- Gentle Fitness for Older Adults (on page 5)

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>
o 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) www.youtube.com/watch?v=_N9NAj-jg6s&list=PLnPWMdCPZiBYKgMLDthzMq1IqZXA7E_zN&index=2

Gentle Movement Exercises, done while sitting or standing

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

- NEW: Gentle Chair Yoga Routine (30 min) <https://www.youtube.com/watch?v=IhTY9AzLbEM>
- 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
- 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>



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 (Green, Amber, Red) based on your mobility. Included below is the link to the Amber group, which offers a mix of seated and standing exercises.

- “Stroke Specific Exercise Video Programme” (videos range from 7-14 min):
<https://mystrokeguide.com/video?tid%5B0%5D=220&tid%5B1%5D=222>

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

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=-z6Esfi4O4>
- 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>

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).

**after a 7 day free trial, a subscription for access to unlimited content will cost \$74.99/year.*

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



NEW SECTION: FRENCH LANGUAGE VIDEOS

Exercices adaptés en fonction de votre niveau d'équilibre, en position assise ou debout

BLOC BLEU (5). Ce BLOC vous convient si vous utilisez une marchette, un triporteur, un quadriporteur ou un fauteuil roulant ET vous avez besoin d'aide pour vous lever.

Programme « Le GO pour bouger! » Produit par *M.O.V.E 50+ en collaboration avec le CIUSSS du Centre-Sud-de-l'Île-de-Montréal*. 5 BLOCS de couleur pour 5 programmes d'exercices adaptés en fonction de votre forme physique. Durée d'un programme d'entraînement : entre 10 et 15 minutes.

o <https://youtu.be/xaLUXW2hfDY>

- BLOC VERT (4). Ce BLOC vous convient si vous utilisez une marchette, un triporteur ou un quadriporteur ET vous avez besoin d'aide pour monter les escaliers OU dans la dernière année vous avez fait 2 chutes ou plus.
o <https://youtu.be/pIMt8qWdNnU>
- BLOC JAUNE (3). Ce BLOC vous convient si vous utilisez une canne, mais vous n'avez pas besoin d'aide pour monter les escaliers ET dans la dernière année, vous avez fait un maximum de 1 chute.
o <https://youtu.be/8A79bqc5Sgw>

« Viactive 50 ans + » Produit par *le CIUSSS du Saguenay-Lac-Saint-Jean*, Viactive permet aux aînés de bouger selon leur niveau de condition physique et les exercices sont adaptés afin de pouvoir suivre le tout à partir de votre domicile. D'une durée de 30 minutes chacune, ces routines vous permettront de maintenir ou améliorer votre condition physique, soit l'aérobie, la force musculaire et la souplesse. De plus, ces exercices permettent de vous améliorer selon votre niveau d'équilibre (option de le faire en position assise ou debout).

- Routine AU QUOTIDIEN. https://youtu.be/4_kalsFDunw
- Routine TAÏ-CHI. <https://youtu.be/L3LP42i0cdU>
- Routine NOSTALGIE. <https://youtu.be/VlvjS7EvYzc>

« M.O.V.E. SUR CHAISE » Produit par *M.O.V.E 50+*, des exercices sur chaises intégrant une période aérobique modérée incluant des exercices de musculation adaptés aux besoins des activités de la vie quotidienne. Séances énergisantes vous permettant de renouer avec le plaisir de bouger.

- Sur Chaise #1 (15 minutes). <https://youtu.be/CxsbH8LJ-MY>
- Sur Chaise #2 (15 minutes). https://youtu.be/r3fxg93gh_A
- Sur Chaise #6 (30 minutes). <https://youtu.be/k3SYBNOuJ-M>
- Yoga Sur Chaise (20 minutes). https://youtu.be/25_s4lu_xv4
- Échauffement sur chaise (5 minutes). https://youtu.be/y5P5_Mhr5HA



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.

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
- 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

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://youtu.be/TOKxtgKrGCQ?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>
- Sample Workout (15 min) warm up, strength, flexibility, balance exercises, and a cool down <https://www.youtube.com/watch?v=Ev6yE55kYGw>

More Life Health is a channel out of Australia with exercises led by a Seniors' Specialist Physiotherapist. Some videos are seated and some are done standing with hand support.

- Simple Posture Exercises (5 mins) https://youtu.be/ml9ik3htY_w
- Seated Core Strengthening (10 mins) <https://youtu.be/6Ts-deSDnRM>
- Leg Strengthening (12 mins) <https://youtu.be/l7L5KUIHnic>
- Standing Balance Workout (10 mins) <https://youtu.be/P9xsYEzYNrE>

Please share with us any other free online videos that help you to stay active.
You can send them to us at TIME@uhn.ca

