

Arthritis & Exercise Resources

Open a resource by clicking on its title.

OASIS Resources:

- Powerpoint: <http://oasis.vch.ca/our-classes/exercise-slides>
- Videos (on the right side under **Related Links**):
 - [Exercises](#)
- Handouts:
 - [Hip and Knee Exercises](#)
 - [Exercise Tips for Arthritis](#)
 - [Walking Poles](#)
 - [Water Exercises](#)
- Guides (on the right side under **Related Links**)
 - [Exercise Guide for Knee Replacement Surgery](#)
 - [Exercise Guide for Hip Replacement Surgery](#)

Other Resources

- [Healthlink BC](#) – Non-emergency health information and services. Access the Physical Activity Service.
- [The Arthritis Society](#) – general arthritis information
- Physiotherapy Association of BC: Find a physio www.bcphysio.org

Fitness options:

- [ABC Fitness Group](#):

An inclusive, specialized, and choice based lifestyle management program developed to encourage and support your pursuit of a healthier lifestyle by helping you increase your physical activity, improve your nutrition and meet other people with similar goals. Contact:

kate.lee@vancouver.ca

Find on Facebook and ask to be a member:

<https://www.facebook.com/groups/659684674242215/>

- [GLA:D Canada](#) – An education and exercise program developed by researchers in Denmark for individuals with hip or knee osteoarthritis.
- Choose to Move Program, YMCA: <https://www.choosetomove.ca/>

Virtual Fitness options:

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 Gentle Fitness Exercises for Older Adults

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

Note: these videos 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.

- Strength & Flexibility (10 min) for legs in sitting and standing, with balance exercises to finish https://www.youtube.com/watch?v=NWRl2D_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=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8 &index=6](https://www.youtube.com/watch?v=TOKxtgKrGCQ&list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8&index=6)

- 3 Balance Exercises (8 min) – single leg standing, heel-toe walking, exaggerated stepping
https://www.youtube.com/watch?v=DiXTIBVo1PI&list=PLmk21KJuZUM4HTTrj7hrj8yxhT_oKkJT8a8&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>

Other Free Fitness options:

- **Down Dog Yoga (website, iOS and Android):** Free access until May 1st to more than 60,000 HIIT, barre, 7-minute workouts and yoga, including beginner classes. Free access until July 1st for students, teachers and healthcare professionals. <https://www.downdogapp.com/>
- **Do Yoga with Me (app)** Free classes, meditations, programs and yoga challenges with the ability to sort by difficulty, class length, style and teacher. <https://www.doyogawithme.com/>
- **Yoga with Adriene (YouTube)** Free yoga videos for all levels, genders, bodies and souls. <https://www.youtube.com/user/yogawithadriene/featured>
- **Nike Training Club (website, iOS and Android)** Usually a paid app, NTC is currently free until further notice and offers a variety of classes for yoga, cardio, HIIT, strength training and running. <https://www.nike.com/ca/ntc-app>
- **Body Bible Fitness (website)** Body Bible promotes their free workouts as a fun way for individuals or groups to work out, including completing daily challenges and winning prizes. <https://bodybible.life/family-fitness/>
- **YMCA (website)** Offers a variety of video fitness programs for children to active older adults including bootcamp, spin, barre, tai chi and weightlifting. <https://ymca360.org/on-demand#/>
- Standing Exercises for Older Adults:
<https://m.youtube.com/watch?v=mQLzNf8VOIc&t=179s>
- Knee arthritis stretches and exercises: https://www.youtube.com/watch?v=_RN3AVn2ovM
- Gentle Qigong, Yoga and Guided Meditations:
<https://www.umms.org/bwmc/community/wellness-resources>
- Chair Exercises for Older Adults
 - https://m.youtube.com/watch?v=9-er7mpG7_Q
 - <https://m.youtube.com/watch?v=mCTYAFTAaU0>