

Resource

Exercise videos



Exercise has
give you

The importance of physical activity

Professor David Scott endorses the importance of physical activity

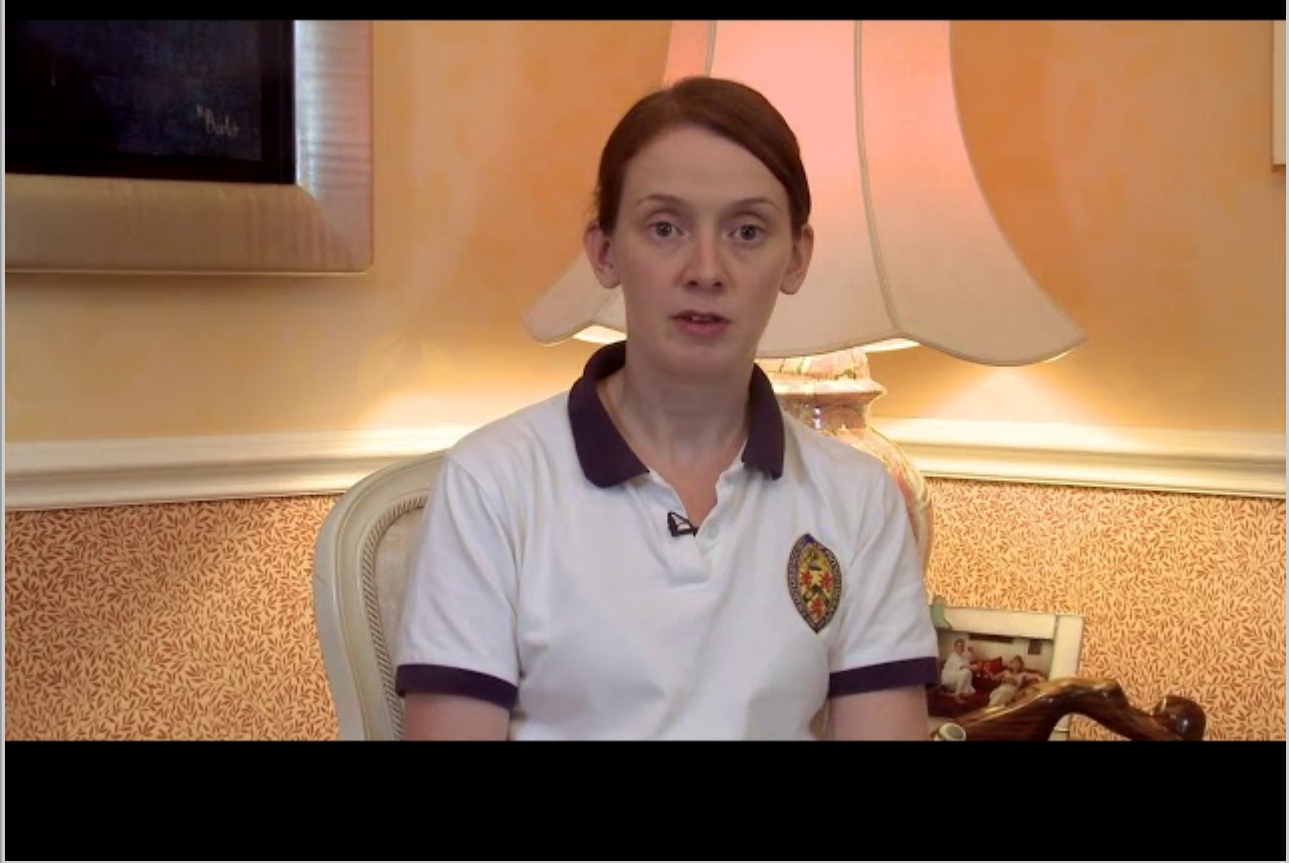
Click to close video modal



Exercising with RA: Introduction

Click to close video modal

Close



Getting Started

Click to close video modal

Close



Is exercise right for me?

Click to close video modal

Close



Wall Wash Squares

Click to close video modal

Close



Wrist Alphabet Exercise

Click to close video modal

Close



nrAS
National Rheumatoid
Arthritis Society



Exercise and RA: Legs and feet

Exercises for Legs and Feet

Click to close video modal

Close



Push-Ups from a chair exercise

Click to close video modal

Close



Strengthening Exercises

Click to close video modal

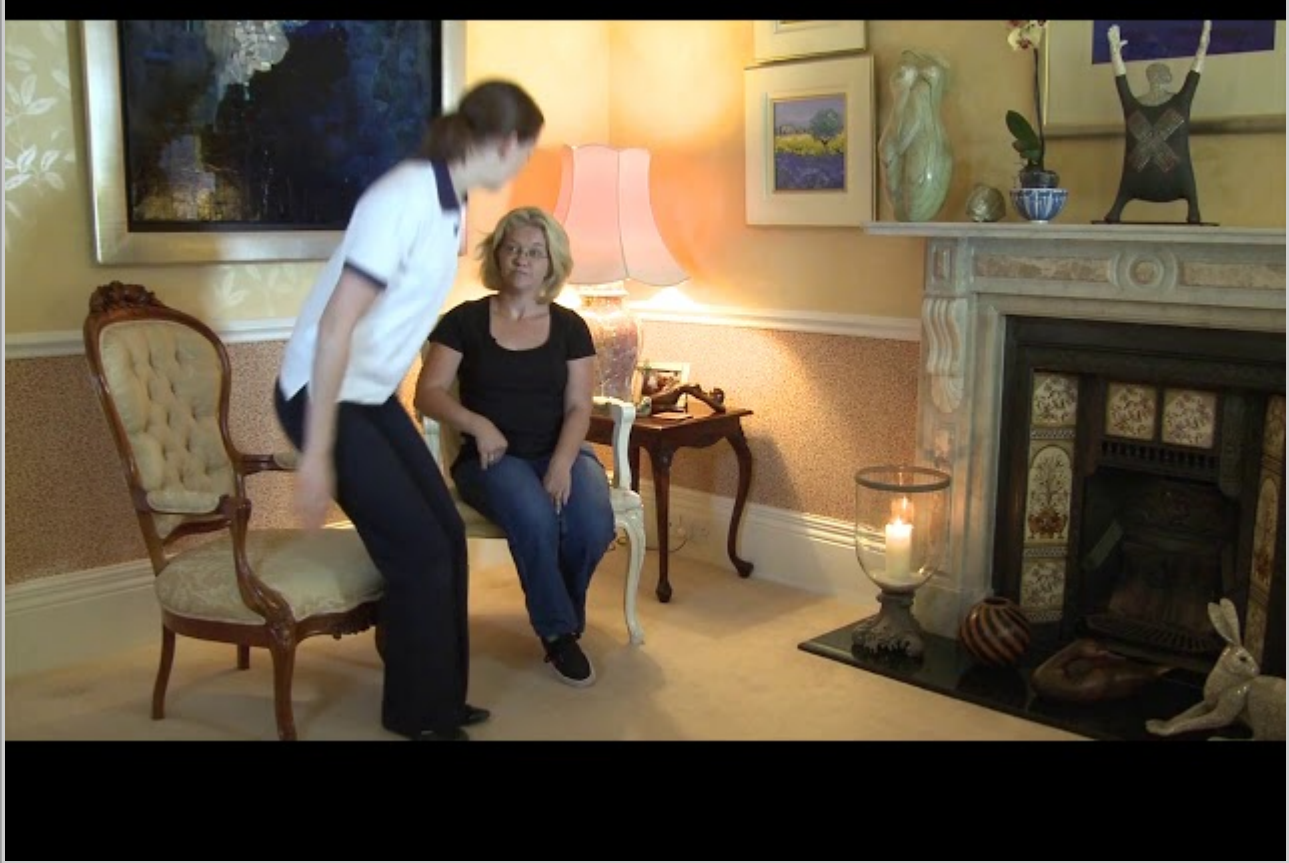
Close



Stepping exercises

Click to close video modal

Close



Sitting to Standing Exercise

Click to close video modal

Close



Step Up Exercise

Click to close video modal

Close

This article was downloaded from www.nras.org.uk. National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).