

Resource

## Exercise videos



Exercise has  
give you

The importance of physical activity

Professor David Scott endorses the importance of physical activity

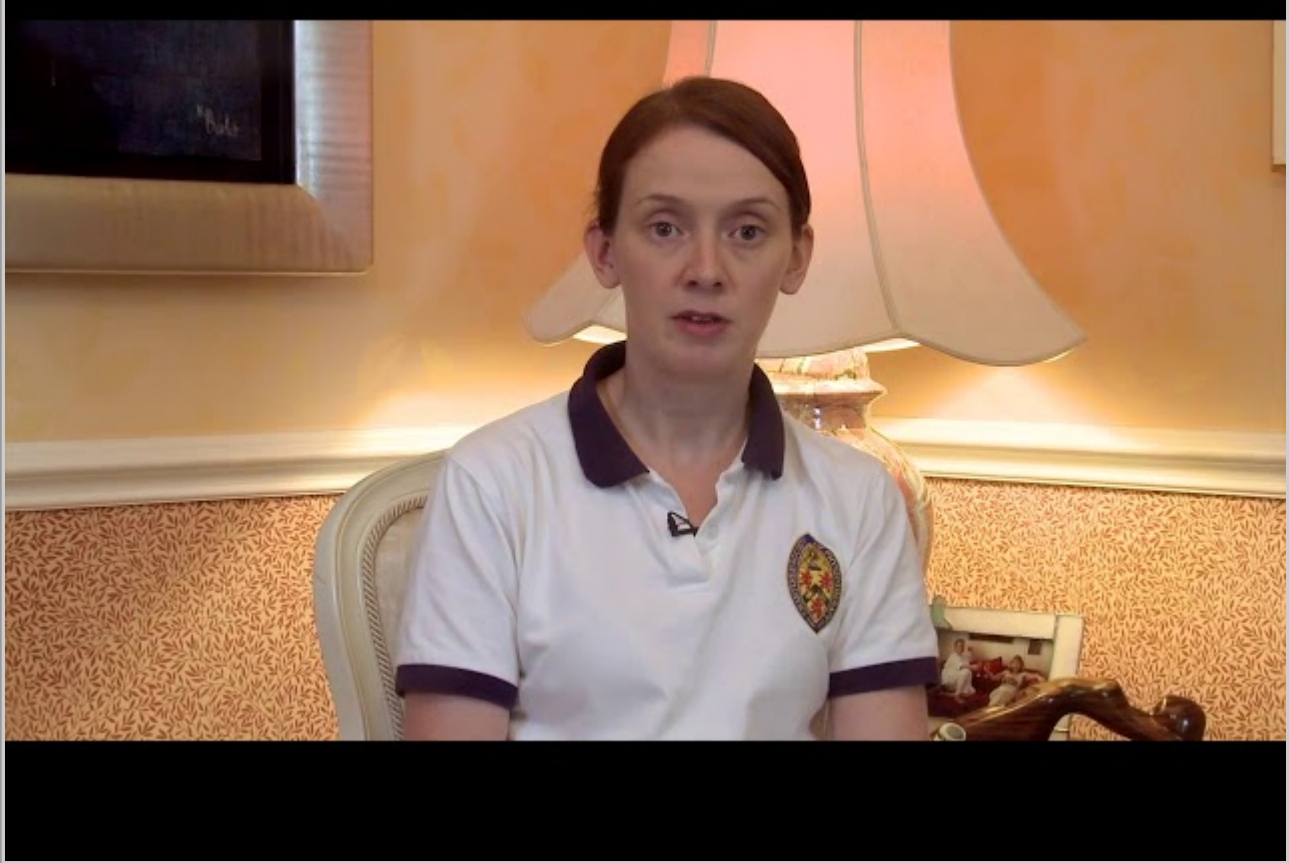
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## Exercising with RA: Introduction

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## Getting Started

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Is exercise right for me?

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## Wall Wash Squares

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## Wrist Alphabet Exercise

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**nrAS**  
National Rheumatoid  
Arthritis Society



# Exercise and RA: Legs and feet

## Exercises for Legs and Feet

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## Push-Ups from a chair exercise

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## Strengthening Exercises

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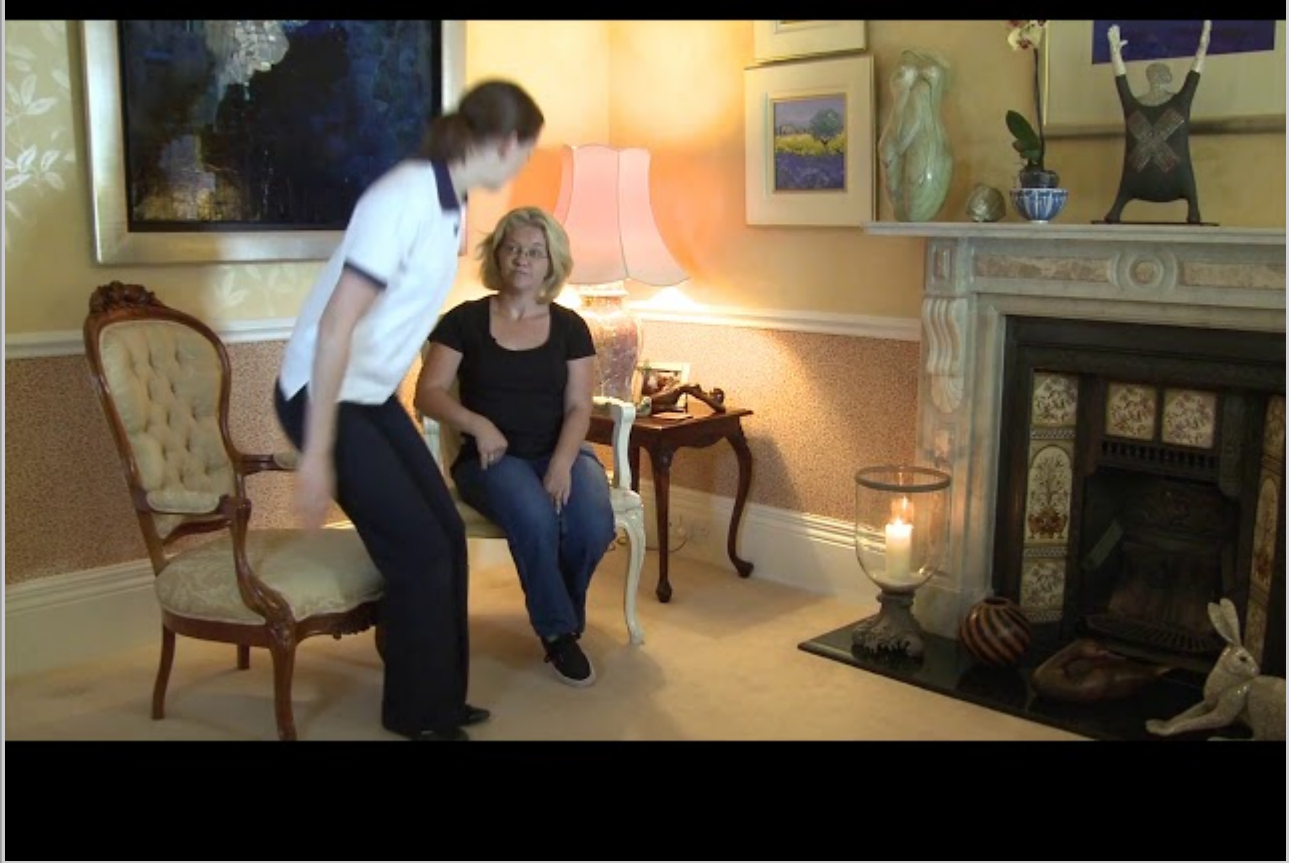
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## Stepping exercises

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## Sitting to Standing Exercise

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## Step Up Exercise

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