

Resource

Exercise videos



Exercise has
; give you

The importance of physical activity

Professor David Scott endorses the importance of physical activity

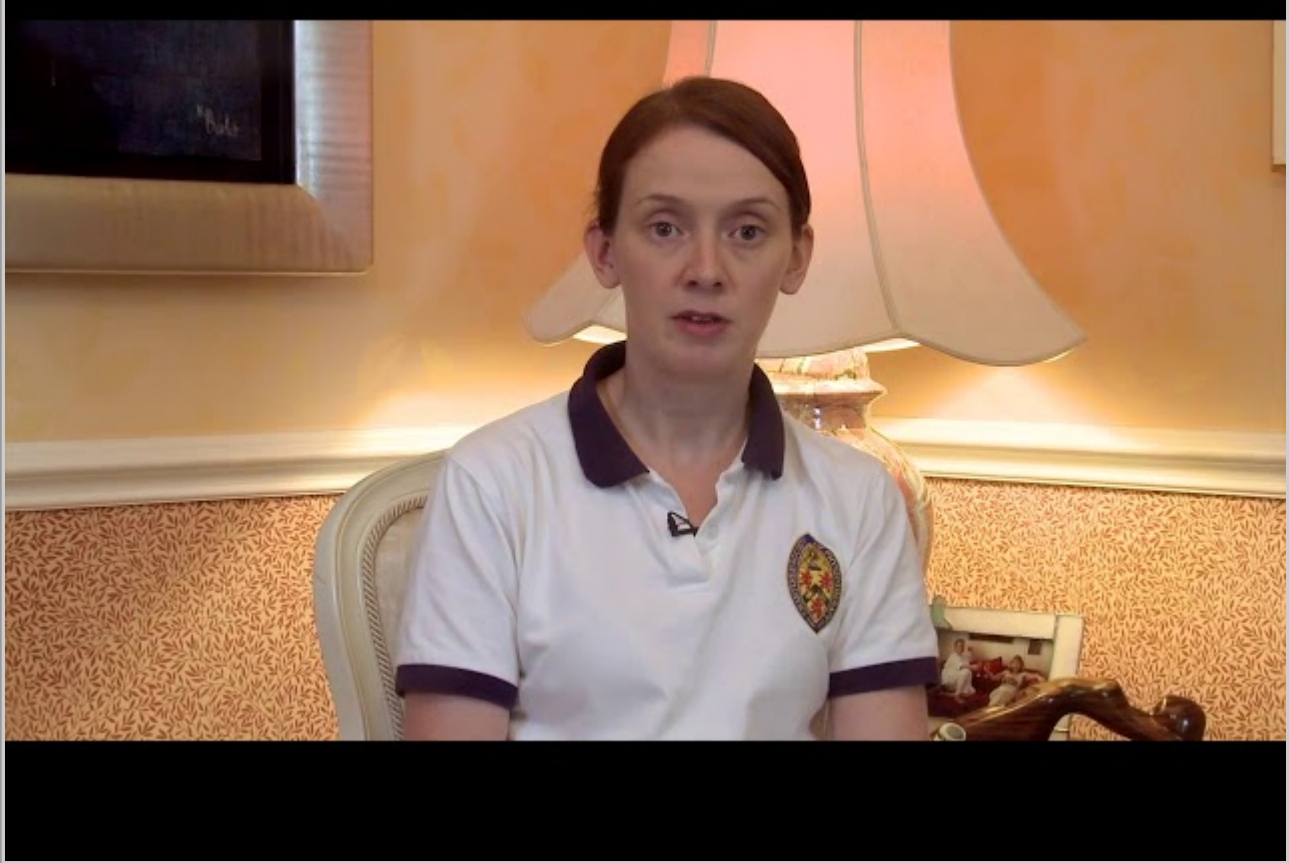
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Exercising with RA: Introduction

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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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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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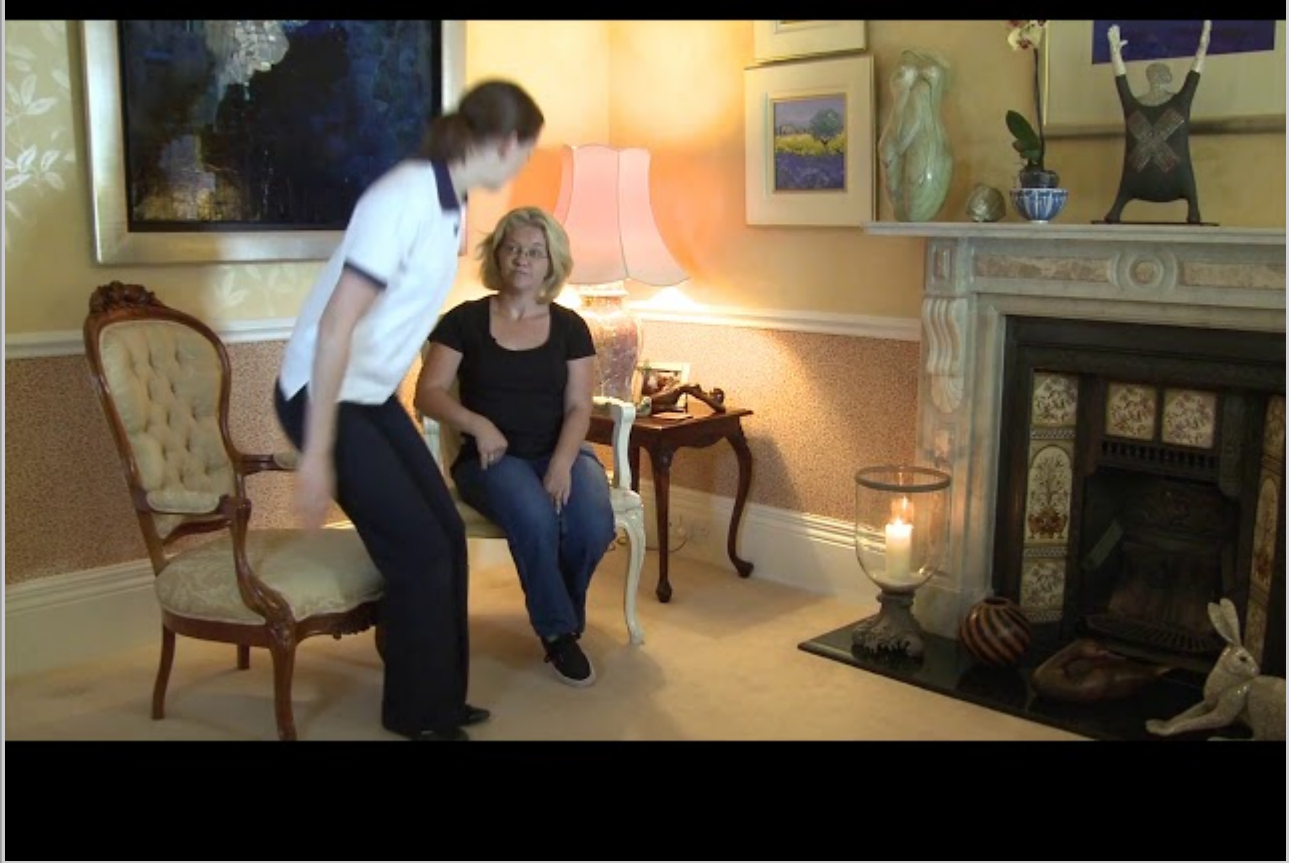
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Stepping exercises

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Sitting to Standing Exercise

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Step Up Exercise

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