

Exercises for patients who are wheelchair-bounded

Exercises for arm muscles

Exercises for patients with limited strength of the arm muscles (exercises at the left) and for patients with limited strength of the leg muscles (exercises at the right)

www.youtube.com/watch?v=EVQcgYQyzz0 (English)

Duration: 10 minutes

Core stability exercises

www.youtube.com/watch?v=pvGpeh0JRfw (English)

Duration: 10 minutes

Aerobic exercises

For patients with relatively strong upper arm muscles

Duration: 16 to 30 minutes

www.youtube.com/watch?v=bML9D_I6Jes&t=499s

www.youtube.com/watch?v=cg7sPWUuU5Q

www.youtube.com/watch?v=vU902J3KYI4

www.youtube.com/watch?v=wBhneGcs9BA

(English).

Wheelchair yoga

<https://www.youtube.com/watch?v=ZwJ9pGxJKGc>

Search for 'wheelchair yoga' on google

All the exercises above can be performed in a chair too.

Exercises for patients who are not wheelchair-bounded

Try to reduce your sitting time. Set an alarm every 20 to 30 minutes and walk for 1 to 2 minutes.

Search on google for exercises at home for beginners/ elderly. Please do not use weights or other equipment in order to prevent overuse. Gradually build up the intensity: first the length of the workout and after that, the intensity.

Dance, with music

Put some music on and dance! (with children). Nice examples from the National Health Service (Engelstalig): www.nhs.uk/change4life/activities/accessible-activities
www.nhs.uk/change4life/activities/indoor-activities
www.nhs.uk/10-minute-shake-up/shake-ups.