



Physiotherapy self-help resources

Exercise Videos online:

Pilates Videos for specific conditions

<https://www.nhs.uk/conditions/nhs-fitness-studio/chronic-back-pain-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/arthritis-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/scoliosis-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/osteoporosis-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video>

<https://www.nhs.uk/conditions/nhs-fitness-studio/prenatal-and-postnatal-exercise>

General Exercises

<https://www.nhs.uk/live-well/exercise/10-minute-workouts>

<https://www.nhs.uk/conditions/nhs-fitness-studio>

Age specific exercises and links to videos

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years>

Meditation to calm your mind and improve your mental wellbeing

<https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation>