**Exercise ideas for those with physical impairments**

*Handle is optional on all exercises\* but may be useful for providing support to adult when assisting in certain exercises.*

*\* (Except for grade 3 exercises where handle should be removed)*

Liaise with physiotherapist before trying any of these exercises



If the link in the video thumbnail above does not play the video on your device, please use this web page to view:
<https://www.youtube.com/watch?v=pRH2qt4s5lc>