

UPDATED MARCH 2025 - CAPSULE 10

**CAPSULE**

# Home Exercise for Patients With Disabilities

**CONTRIBUTING AUTHORS:** Shirley M. Moore, MD, Case Western Reserve University; Colin Crowe, MD, Case Western Reserve University, on behalf of Team Best Practices

## All people, including those with disabilities, can benefit from regular physical activity.

According to the Centers for Disease Control and Prevention, people with disabilities are three times more likely to have a chronic disease, such as hypertension, cardiovascular disease, and diabetes. However, nearly 50% of adults with disabilities do not participate in any aerobic physical activity.<sup>1</sup>

Physical activity can be encouraged during office visits or through telehealth platforms. Exercise programs should be tailored to the individual, taking into account their health and functional abilities.<sup>2</sup>

The National Center on Health, Physical Activity and Disability offers detailed **video tutorials** with exercise and fitness recommendations by health condition. It also provides resources on various types of physical activities, such as adapted yoga or high-intensity weight training, specifically designed for individuals with disabilities.<sup>3</sup>

For more information, access Cardi-OH's expanded resource on **increasing physical activity and exercise in adults with disabilities**.

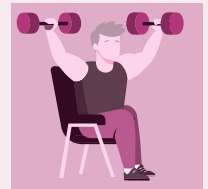
### Physical Activity Resources for Patients

- An **eight-minute, ability-inclusive workout video** that includes aerobic, strength, and flexibility exercises can be performed without equipment.
- **Exercise bands** can be purchased online and facilitate aerobic and strength training.
- Balance and strength exercises using common household items, developed for post-stroke patients and targeted toward older adults, can be helpful workout tools.

### Sample Armchair Exercise Program

- 1. Warm-Up (5 min):**  
Arm circles, shoulder rolls, deep breaths.
- 2. Strength (10 min):**
  - Resistance band pulls (front & side).
  - Seated punches with weights.
- 3. Cardio (5 min):** Fast-paced arm pushes.
- 4. Cooldown (5 min):** Gentle stretching, neck tilts.

Repeat 3-5x weekly.



#### References

1. Centers for Disease Control and Prevention. Physical Activity for People with Disability. [https://www.cdc.gov/disability-and-health/articles-documents/physical-activity-for-people-with-disability.html?CDC\\_AAref\\_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html](https://www.cdc.gov/disability-and-health/articles-documents/physical-activity-for-people-with-disability.html?CDC_AAref_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html). Updated December 18, 2024. Accessed January 20, 2025.
2. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. [https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf). Published 2018. Accessed January 20, 2025.
3. National Center on Health, Physical Activity and Disability. Physical Activity. <https://www.nchpad.org/resource-categories/physical-activity/>. Accessed January 20, 2025.
4. Piercy KL, Troiano RP, Ballard RM, et al. The physical activity guidelines for Americans. JAMA. 2018;320(19):2020–2028. doi:10.1001/jama.2018.14854.

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

For more information head to **Cardi-OH.org**.

© 2020 Cardi-OH