



PHYSIOTHERAPY DEPARTMENT

ONLINE EXERCISE CLASSES



Please access our online exercise classes by following these steps:

1. Open your web browser and Visit www.youtube.com

or

Visit the YouTube App on your phone, tablet or smart TV

2. In the YouTube search bar type ' NHS Forth Valley Return to Fitness'

3. The Playlist with our classes should then appear on the screen, it includes:

- Return to Fitness – Level 1
- Return to Fitness – Level 2
- Return to Fitness – Level 3
- Return to Fitness – Level 4
- Lower Limb Arthritis Exercise Class
- Rheumatology Exercise Class
- Guided Relaxation

4. Select the Video you want to watch and enjoy!

* Please note YouTube videos often have pop up adverts.

You should be able to skip them and continue the video by clicking 'Skip Ad'*