Beginner level Pilates suitable for those living with fibromyalgia and MS <https://www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video/>

Beginner level Pilates suitable for those living with chronic back pain <https://www.nhs.uk/conditions/nhs-fitness-studio/chronic-back-pain-pilates-exercise-video/>

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

Exercises for managing pain, separated into joint focus e.g. hip, knee, wrist <https://www.versusarthritis.org/about-arthritis/managing-symptoms/exercise/exercises-to-manage-pain/>