



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

Scan



Visit

Or

[www.medbridgego.com](http://www.medbridgego.com)

Access Code: **Q8XCWN6E**

## Two Ways to Access



### Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



### Open in your browser

To access your home exercise programs.

## By Accessing Online You Can

### View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

### Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

### Track your progress

Keep track of your activity and progress throughout treatment and post care.



## Clinician Notes

Dumbbells are a great way to add resistance. Otherwise a gallon of milk/water weighs 8 pounds. Make these exercises difficult, but they should also be safe and predominantly pain-free.

# Squat

**REPS: 10-15**

**SETS: 3**

**WEEKLY: 2-3**

**1**



**2**



## Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

## Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

## Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Hold a sink or railing to help with balance.

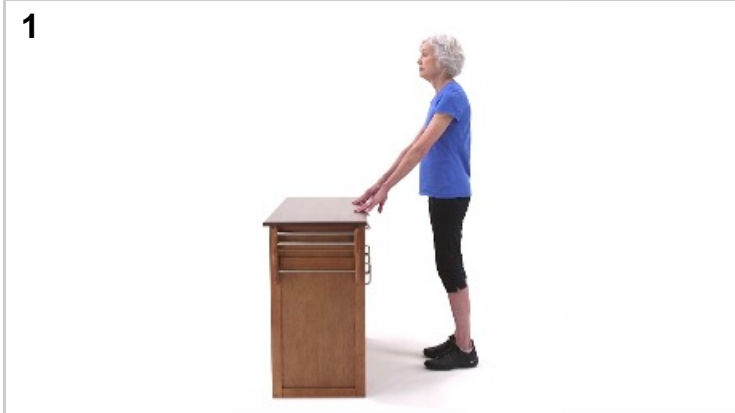
Wear a heavy backpack to add resistance.

# Standing March with Counter Support

REPS: 10-15

SETS: 3

WEEKLY: 2-3



## Setup

Begin in a standing upright position with your hands resting on a counter.

## Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

## Tip

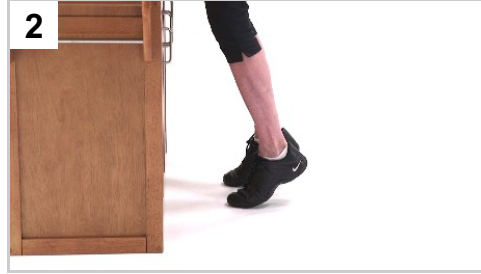
Make sure to maintain an upright posture and use the counter to help you balance as needed.

# Heel Toe Raises with Counter Support

REPS: 10-15

SETS: 3

WEEKLY: 2-3



## Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

## Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

## Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

# Push-Up on Counter

**REPS: 10-15**

**SETS: 3**

**WEEKLY: 2-3**



## Setup

Begin in a plank position with your hands on a counter.

## Movement

Slowly lower your body toward the counter, bending your elbows, then push your body back to the starting position and repeat.

## Tip

Make sure to keep your body in a straight line during the exercise.

# Standing Bicep Curls Supinated with Dumbbells

REPS: 10-15

SETS: 3

WEEKLY: 2-3

1



2



## Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

## Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

## Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

# Shoulder Overhead Press in Flexion with Dumbbells

**REPS: 10-15**

**SETS: 3**

**WEEKLY: 2-3**

**1**



**2**



## Setup

Begin in a standing upright position holding a dumbbell in each hand, with your elbows bent and hands by your shoulders, palms facing inward.

## Movement

Press your hands straight overhead. Then slowly lower them back down and repeat.

## Tip

Make sure not to shrug your shoulders or let your elbows move out to the side during the exercise.



# Cat Cow

**REPS: 10-15**

**SETS: 3**

**HOLD: 3-5**

**WEEKLY: 2-3**

**1**



**2**



## Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

## Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Move to flexed and extended positions that are within or are TOUCHING the "goldilocks zone", where symptoms are more or less tolerable, acceptable.

## Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

In cow position, do not sag so low that you feel pain/pressure in the area of concern.

In cat position, breathe all the way out, pull in your core/belly muscles, and contract them as forcibly as possible, paying attention to your symptoms and keeping them minimal, within acceptable limits.