



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

<https://ONSpt.medbridgego.com/>

Access Code: **T6HNNF86**

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

ACL Preop Home Exercises

Sitting Heel Slide with Towel

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement

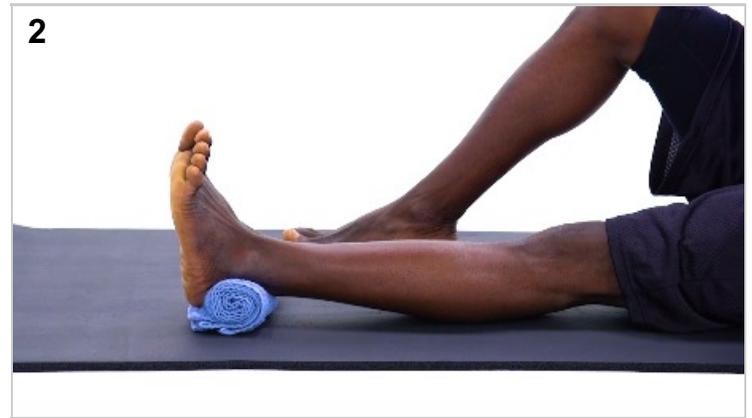
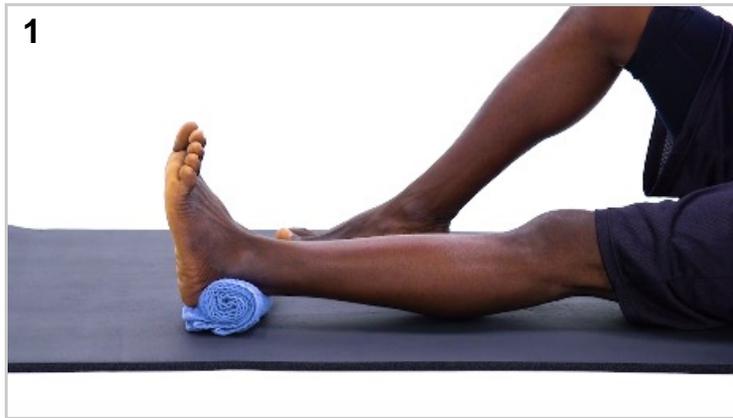
Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip

Make sure that your leg does not rotate in or out as you bend your knee.

Long Sitting Quad Set with Towel Roll Under Heel

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright on the floor with one leg bent and your other leg straight forward, resting your heel on a towel roll.

Movement

Straighten your leg, pushing your knee toward the floor. Hold, then relax, and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling and maintain an upright posture during the exercise.

Supine Single Leg Ankle Pumps

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin laying flat on your back with a pillow under your leg and your foot off the ground.

Movement

Gently bend your ankle downward by pointing your foot away from your knee, then bend it back upward and repeat.

Tip

Make sure to keep the rest of your leg still as you move your foot.

Supine Hamstring Stretch with Strap

SETS: 3

HOLD: 15

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Seated Knee Flexion AAROM

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright with both feet flat on the floor.

Movement

Cross one foot over the other then use it to slowly slide your foot backward under the chair until you feel a stretch. Hold this position. Return to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Seated Knee Extension Stretch with Chair

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright with a chair directly in front of you.

Movement

Lift one leg off the ground and rest your foot on the chair, then begin to relax your leg, allowing your knee to straighten, and hold this position.

Tip

Make sure to keep your back straight during this stretch.

Supine Active Straight Leg Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

Seated Long Arc Quad

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.