



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **9PCRFYVG**

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.

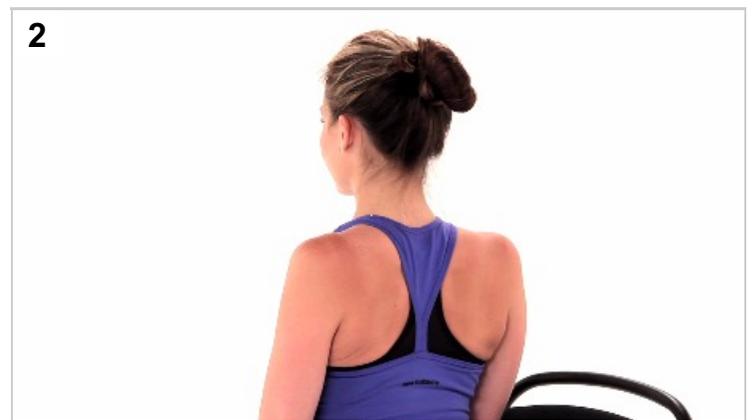
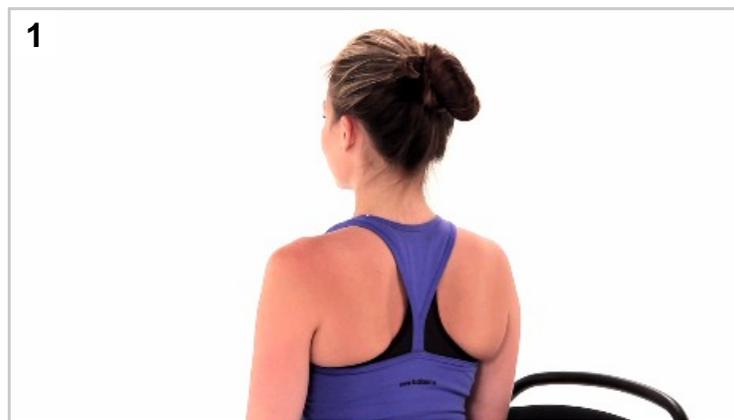


Clinician Notes

General Shoulder Exercises

Seated Scapular Retraction

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

Isometric Shoulder Flexion at Wall

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

Movement

Push your arm directly into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometric Shoulder Extension at Wall

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between the back of your arm and a wall.

Movement

Push your elbow directly backward into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Standing Isometric Shoulder Internal Rotation at Doorway

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

Movement

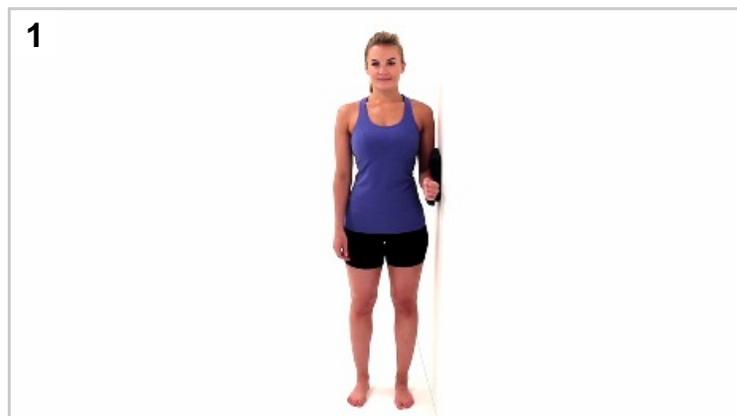
Gently press your hand inward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

Isometric Shoulder Abduction at Wall

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in a standing upright position with your elbow bent 90 degrees, with a towel between the side of your arm and a wall.

Movement

Push your arm sideways into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

Sidelying Posterior Cuff Cross Body Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin lying on your side with the downside arm positioned perpendicular to your torso. Grasp the downside elbow with your top hand and the topside upper arm with the downside hand.

Movement

Using your topside hand, pull the elbow off the ground until you feel a stretch in the back of your shoulder. Hold and repeat as prescribed.

Tip

Keep your head rested on a pillow. You should not feel a pinch in the top or front of your shoulder.

Sleeper Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

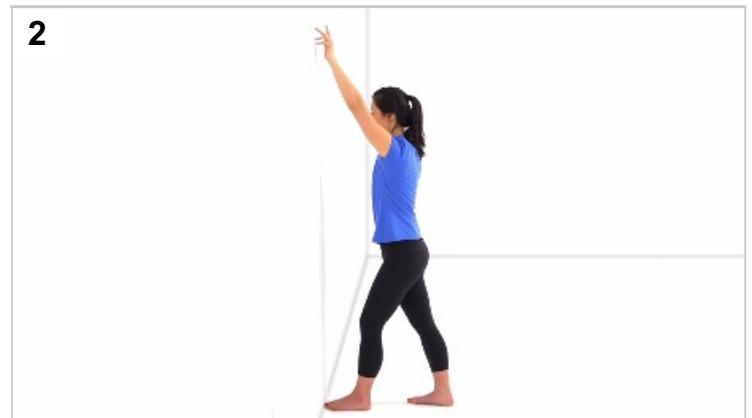
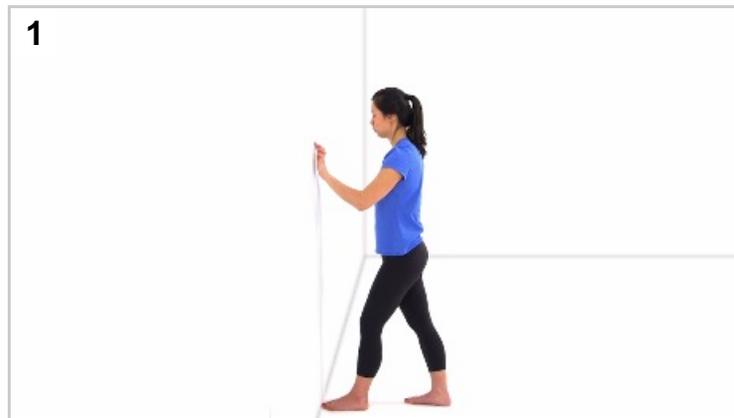
With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.

Standing Shoulder Flexion Wall Walk

REPS: 10	SETS: 3	HOLD: 3 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in a staggered stance position with one hand resting on a wall.

Movement

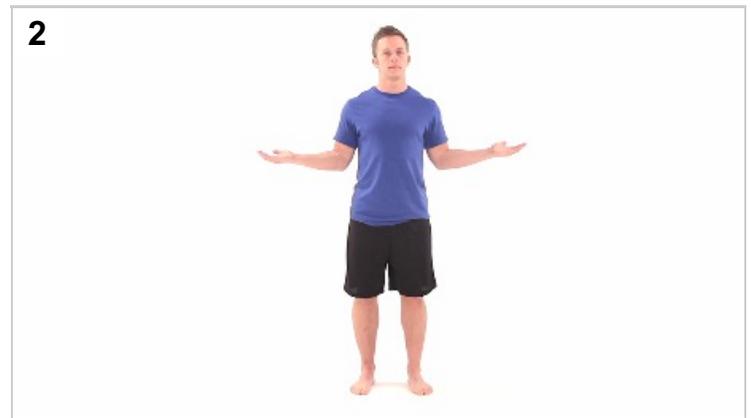
Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

Shoulder External Rotation and Scapular Retraction

REPS: 10	SETS: 3	HOLD: 5 SEC	DAILY: 1
WEEKLY: 4			



Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

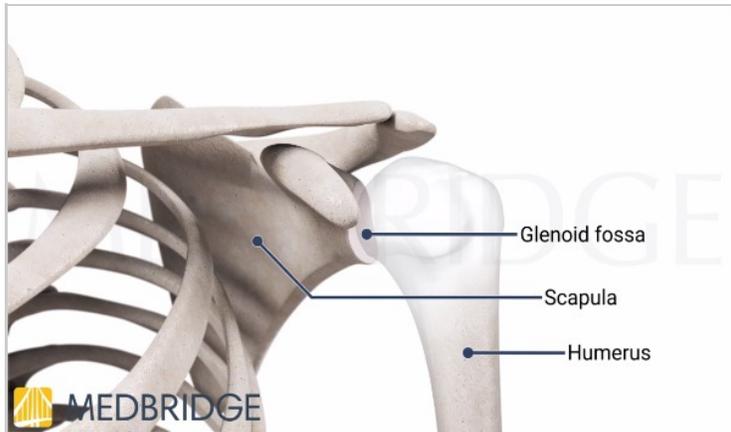
Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

Shoulder Osteoarthritis



Front of Left Shoulder: Bones



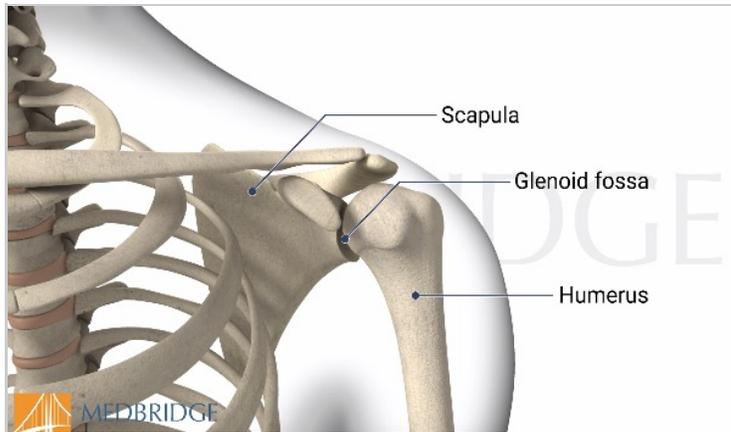
Front of Left Shoulder: Affected Shoulder Joint

Shoulder (glenohumeral) osteoarthritis is arthritis that results from wear-and-tear to your shoulder joint. The shoulder joint is made up of the shoulder socket (glenoid fossa) where the arm bone (humerus) connects. Smooth cartilage covers the surfaces of the bones in your shoulder to allow smooth and pain-free arm movement.

If the cartilage is injured or worn away by overuse, arthritis may occur. With this condition, you may feel pain when the bones rub against each other. A prior injury to the shoulder can contribute to shoulder osteoarthritis. If you are older than 60 years old, you may be at greater risk for osteoarthritis.

Shoulder osteoarthritis may cause aching, pain, and stiffness. Using the shoulder often worsens the pain. Therapy can help teach you to manage the pain of osteoarthritis in your shoulder. Your therapist can help you move safely and perform exercises for shoulder strength and motion.

Rotator Cuff Tendinopathy



Front of Left Shoulder: Bones



Front of Left Shoulder: Rotator Cuff Muscles



Back of Left Shoulder: Rotator Cuff Tendinopathy

The shoulder is a ball and socket joint with the arm bone (humerus) meeting the shallow socket called the glenoid fossa. This socket is part of the shoulder blade (scapula).

The term “rotator cuff” refers to four muscles of the shoulder that help to support the shoulder joint during rest and movement. These muscles, known as the supraspinatus, infraspinatus, teres minor, and subscapularis, attach the shoulder blade and upper arm bone, and keep the arm bone against the shoulder socket.

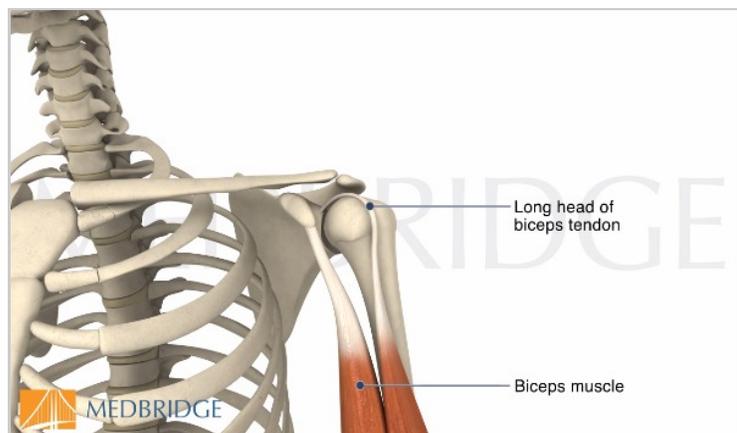
Rotator cuff muscles and tendons can be injured over time, or with a sudden injury such as a fall. In an overuse injury, the soft tissues may start to fray, often caused by repeated activities. Rotator cuff tendinopathy is a long-term overuse tendon injury with damage to the tendon occurring at a microscopic level.

Symptoms of rotator cuff tendinopathy can include shoulder pain, stiffness, and weakness. You may have difficulty raising the arm overhead or lifting objects, especially above shoulder height. Getting

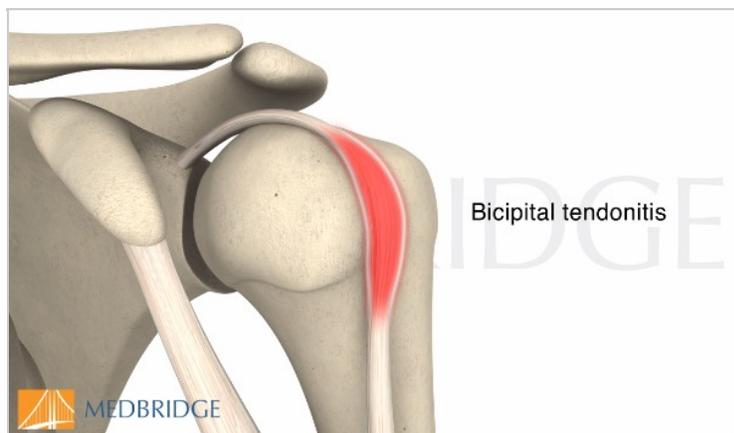
dressed, washing your hair, or tucking in a shirt may be difficult. Sleeping may be limited because of shoulder pain.

While recovering from rotator cuff tendinopathy, you may need to avoid activities that are repeated or painful, such as swimming or playing tennis. Therapy can help you learn how to keep the shoulder moving while protecting the healing tissues with activities for stretching, strengthening, and healthy posture.

Bicipital Tendonitis



Front Left Shoulder: Tendons



Biceps Tendon with Tendonitis

Bicipital tendonitis can make lifting or reaching your arm painful and difficult. The biceps muscle is located in your upper arm and can tighten to make your elbow bend. The biceps muscle splits into two tendons in the front of your shoulder: a long head and a short head. The short head of the biceps attaches to a bump on the front of the shoulder blade called the coracoid process. The long head of the biceps attaches to the socket where the arm bone fits into the shoulder joint called the glenoid fossa.

Bicipital tendonitis usually involves the long head of the biceps, where the tendon becomes swollen and inflamed. Reaching overhead during chores, work activities, or for sports are common ways to develop bicipital tendonitis. Pain and aching in the front of the shoulder are common with bicipital tendonitis. Reaching or lifting may increase pain, and you might also notice snapping of the tendon during movement.

Therapy can help you learn to relieve the pain of bicipital tendonitis and to move the shoulder in ways that help avoid further injury.