



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **EXACRFT4**

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

Iliotibial Band Syndrome

Clamshell

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Half Kneeling Hip Flexor Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Supine Hip External Rotation Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin lying on your back with your legs straight.

Movement

Cross one leg over the other, resting your ankle on your opposite knee. Bend the knee of your bottom leg toward your body until you feel a stretch in your hip, and hold.

Tip

Make sure to keep your hip relaxed and your back flat against the ground.

Hip Flexion Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin lying on your back.

Movement

Slowly lift one leg and hug your knee towards your chest until you feel a gentle stretch in your hip, and hold.

Tip

Make sure to keep your back relaxed and your opposite leg flat on the surface.

Sidelying Hip Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4



Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

Single Leg Stance

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

Prone Hip Extension

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

Quadriceps Stretch with Chair

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position holding onto a stable surface for support.

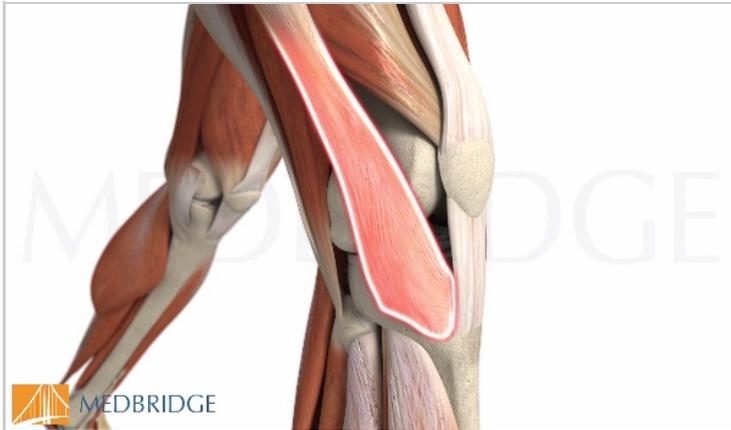
Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

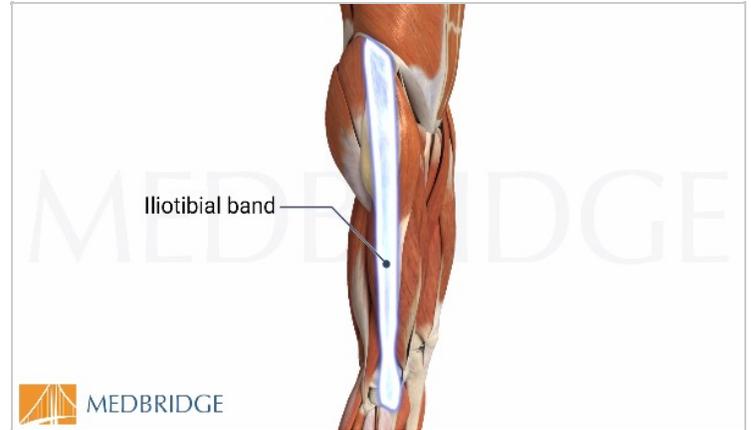
Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Iliotibial Band Syndrome



Side of Right Leg: Irritated IT Band



Side of Right Leg: IT Band

IT band syndrome (Iliotibial band syndrome) is a pain along the outer side of the thigh between the hip and knee. The IT band is a wide band of thick connective tissue on the outer side of the thigh. The band attaches to the outside of the hip and to the outside of the knee and lower leg. IT band syndrome occurs when the band becomes irritated.

IT band issues frequently develop in runners and other athletes such as cyclists. Pain in the outside of the knee is the most common concern with IT band syndrome, and the pain can occur at rest or during activity. While you are recovering, you will be encouraged to stand with weight equally on your feet, rather than shifting your hips to one side or the other. Avoid crossing your legs when you sit to keep pressure off the IT band. Decreasing the distance you run, bike, or walk may also help with healing.

Your therapist can help determine which muscles or tissues need to be stretched. You will be given exercises to help strengthen your pelvic and leg muscles, which will help with recovery. Your therapist can instruct you how to use proper technique and equipment to help you return to your daily activities.