



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Visit

Or

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

Access Code: **9N3C867J**

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

Knee osteoarthritis

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.

Standing Hamstring Stretch on Chair

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position with a chair or step in front of your body.

Movement

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

Make sure to keep your back straight during the stretch.

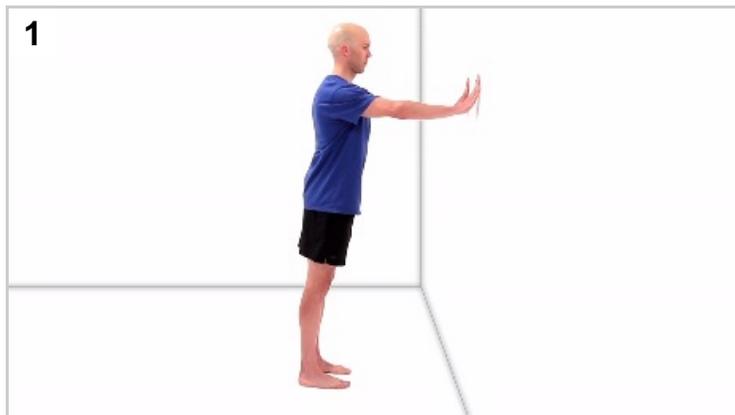
Gastroc Stretch on Wall

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Standing Marching

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift one knee up to waist height, then slowly lower it back down and repeat with your other leg. Continue alternating between each leg.

Tip

Make sure to keep your back straight and maintain your balance 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.

Mini Squat with Counter Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

Supine Active Straight Leg Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

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.

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.

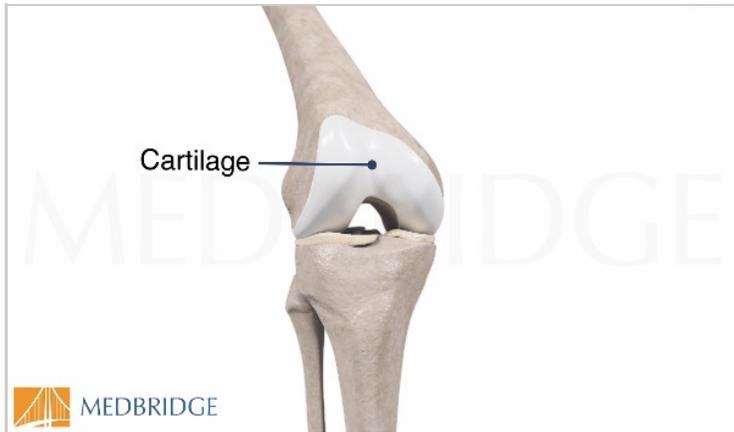
Movement

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.

Knee Osteoarthritis



Right Knee: Healthy Cartilage



Right Knee: Damaged Cartilage

Osteoarthritis of the knee is a common cause of knee pain. Your knee is formed from the thigh bone (femur), the shinbone (tibia), and the kneecap (patella). The surfaces where the leg bones meet are covered with a smooth, shock-absorbing tissue called cartilage. Cartilage helps the joint to glide smoothly during movement. This cartilage can wear away from use over time or from a sudden injury.

When the cartilage is worn away, the bones can rub together and cause knee pain, swelling, or stiffness. Age, carrying extra weight, a family history of osteoarthritis, and having diabetes or other types of arthritis can increase the risk of having this condition.

Pain and stiffness, loss of motion, and difficulty climbing stairs are common complaints with knee osteoarthritis. Therapy can help you stay active and manage your weight, which are both helpful for osteoarthritis.