



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **XK7CVZQ3**

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

Patellofemoral Pain / Anterior Knee Pain

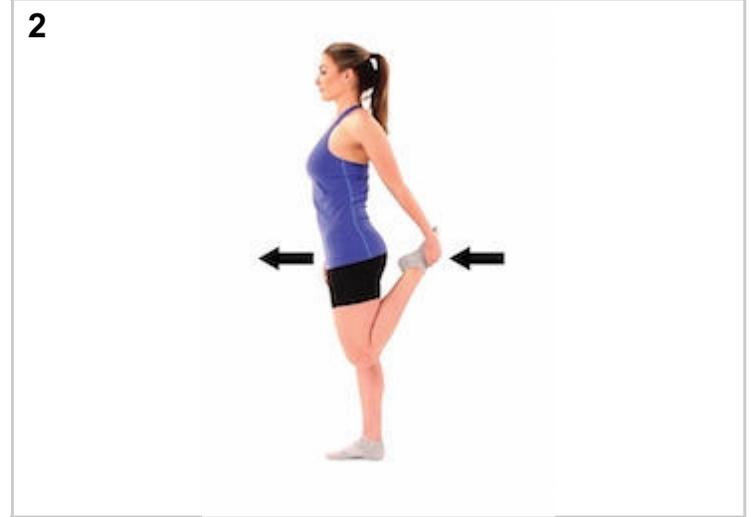
Standing Quadriceps Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a standing upright position.

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.

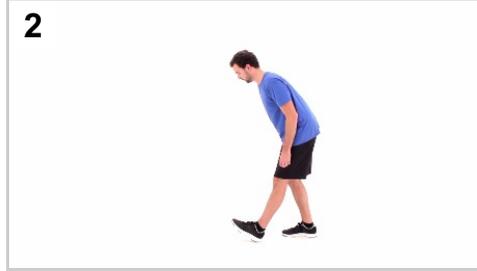
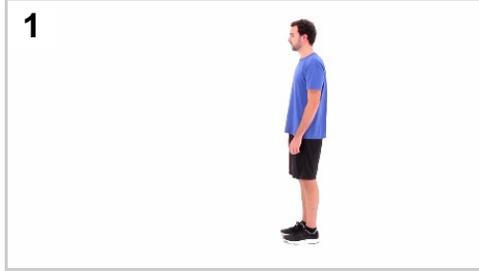
Walking Hamstring Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4



Setup

Begin standing in a long, open, and flat area.

Movement

Extend one leg forward, propping your heel on the ground, and hinge at your hips until you feel a stretch in the back of your leg. Hold briefly, then press your foot flat to the ground and squat down on your back leg. Step forward and repeat with your other leg.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Hip External Rotation Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin sitting upright on the floor with your legs bent, one out to your side and one in front of you.

Movement

Bending at your hips, lower your chest toward the ground until you feel a gentle stretch in your hip and buttock muscles. Hold this position.

Tip

Make sure to keep your shoulders facing forward and do not twist your back during the stretch.

Sidelying Hip Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin lying on your side with your legs straight.

Movement

Slowly lift your top leg up towards the ceiling, then lower it back to the starting position and repeat.

Tip

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

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.

Supine Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 4

1



2



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

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.