



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **JCMJJ4CA**

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.

Prone Scapular Retraction

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



Setup

Begin lying face down with your arms resting to either side of your body.

Movement

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

Tip

Make sure to keep your back relaxed and do not shrug your shoulders

Prone Scapular Slide with Shoulder Extension

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



Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

Prone W Scapular Retraction

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



Setup

Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

Movement

Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Prone Scapular Retraction Y

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



Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

Tip

Make sure to keep your back relaxed.

Seated Levator Scapulae Stretch

SETS: 3

HOLD: 30 SEC

DAILY: 1

WEEKLY: 4



Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

Movement

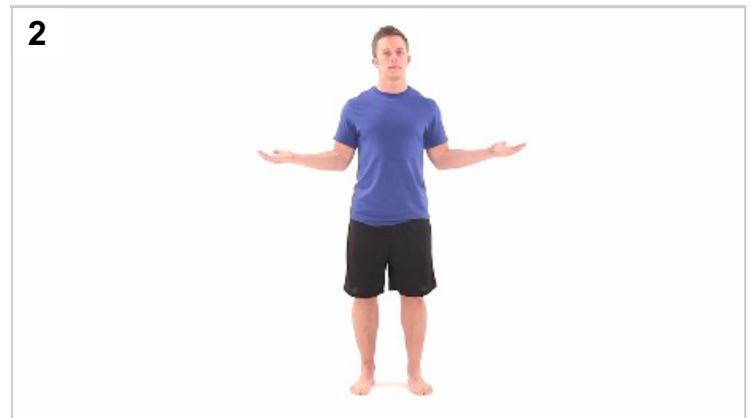
Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck.

Tip

Make sure to keep your back straight during the exercise.

Shoulder External Rotation and Scapular Retraction

REPS: 10	SETS: 3	HOLD: 3 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.