



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

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

Access Code: **Z82E8FZK**

## 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

Tennis Elbow = Lateral Epicondylitis

Golfer's Elbow = Medial Epicondylitis

# Standing Wrist Flexion Stretch

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

## Movement

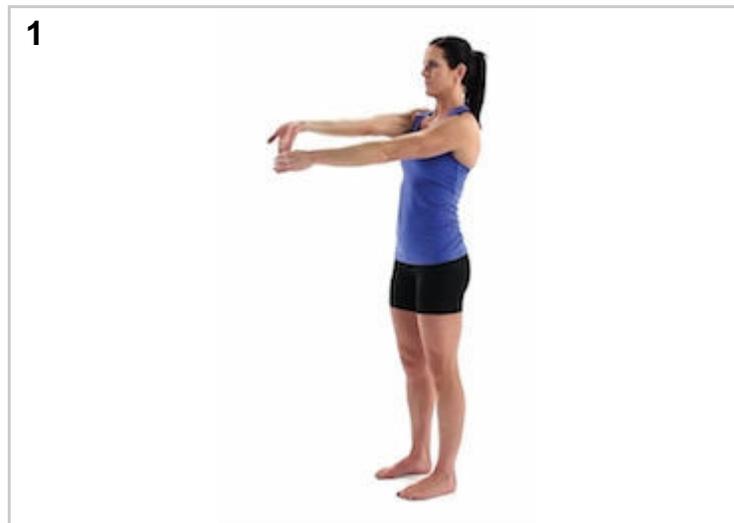
With your other hand, bend your wrist downward until you feel a stretch.

## Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

# Standing Wrist Extension Stretch

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 30 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4</b>			



## Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

## Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

## Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

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## Isometric Wrist Extension Pronated

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 3 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4</b>			



### Setup

Begin with your palm facing down and fingers straight with your opposite hand gently over your other hand.

### Movement

Try to bend your wrist upward but resist the movement with your upper hand.

### Tip

There should be no movement with this exercise.

# Seated Isometric Wrist Flexion Supinated with Manual Resistance

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 3 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4</b>			



## Setup

Begin with your palm facing up and fingers straight with your opposite hand gently on top of your palm.

## Movement

As you bend your wrist up, resist this movement with your top hand. Pause briefly, then return to the starting position.

## Tip

There should be no movement with this exercise.

# Seated Wrist Flexion and Extension with Towel Twist

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 1 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4</b>			



## Setup

Begin sitting upright holding a rolled towel in both hands.

## Movement

Twist the towel by bending one wrist forward and the other backward. Then repeat in the other direction.

## Tip

Make sure to keep your shoulders relaxed during the exercise.

# Wrist Circumduction AROM

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**



## Setup

Begin sitting with your arm resting on a table and your hand in a fist, hanging off the edge.

## Movement

Slowly rotate your wrist in a circle, first clockwise, then counterclockwise. Slowly rotate your wrist in a circle, first counterclockwise, then clockwise.

## Tip

Make sure to keep your wrist relaxed during the exercise.

# Seated Wrist Supination Pronation with Can

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**



## Setup

Begin with your forearm resting on a table or surface next to your body, holding a can.

## Movement

Slowly rotate your palm up and down.

## Tip

Make sure to keep your wrist straight throughout the movement.

# Standing Single Arm Bicep Curls Supinated with Dumbbell

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## Setup

Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

## Movement

Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

## Tip

Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.