



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **NANTNC3K**

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.

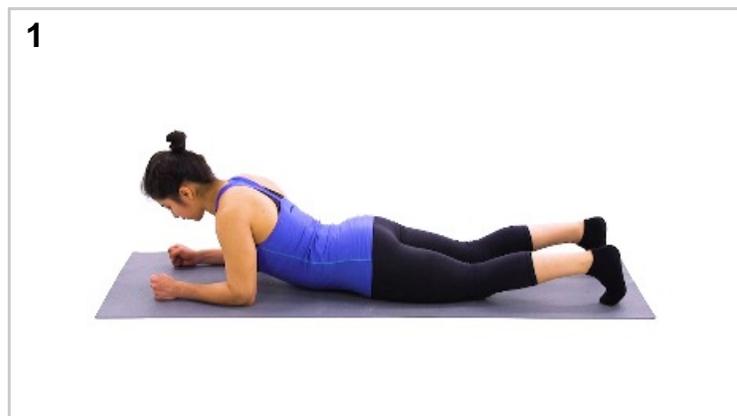


Clinician Notes

Total Body Strengthening Program

Standard Plank

REPS: 1	SETS: 3	HOLD: 30	DAILY: 1
WEEKLY: 4			



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Supine Bridge

REPS: 1	SETS: 3	HOLD: 30	DAILY: 1
WEEKLY: 4			



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: 2

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.

Sidelying Hip Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



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.

Supine Active Straight Leg Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2

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: 2

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.

Squat

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2

1



2



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

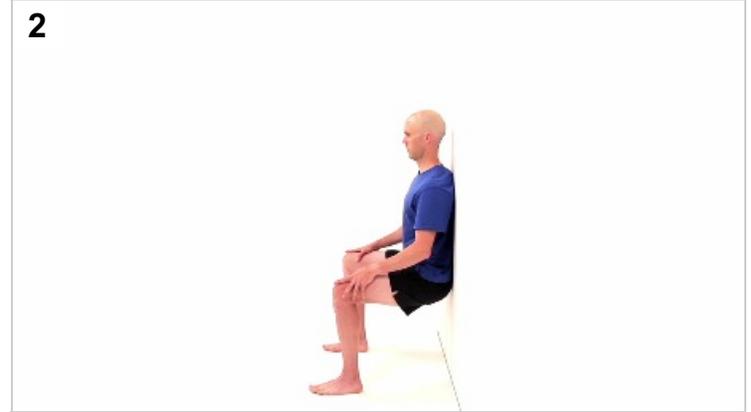
Wall Squat

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

Side Stepping with Resistance at Ankles

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2

1



2



Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Full Leg Press

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin by loading the machine with your desired amount of weight. Sit on the seat of the machine with your back flat against the back rest. Firmly plant both feet on the foot platform so that your feet are hip width apart or slightly wider. To unlock the machine, push up on the platform and pull the lever by your side towards you.

Movement

Bring your knees toward your chest to slowly lower the weight as far as you can while keeping your hips against the seat. Then press up into your feet to straighten your legs without locking your knees, and repeat.

Tip

Make sure to keep your movements slow and controlled. Do not let your knees collapse inward or move forward past your toes during the exercise. Remember to engage the platform lock when you are finished.

Hamstring Curl with Weight Machine

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin by sitting on the seat of the machine, placing your feet between the two roller pads. Adjust the pin to your desired weight. Check that the seat is in the correct position. The lower roller pad should be resting slightly above your heels. If needed, adjust the lever at your side so that you start with your feet lifted.

Movement

Engage the muscles in the backs of your thighs to press down the bottom roller pad with both legs, curling your heels toward the floor. Slowly reverse the movement and repeat.

Tip

Make sure to keep your movements slow and controlled. Do not let your knees lock during the exercise.

Standing Heel Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

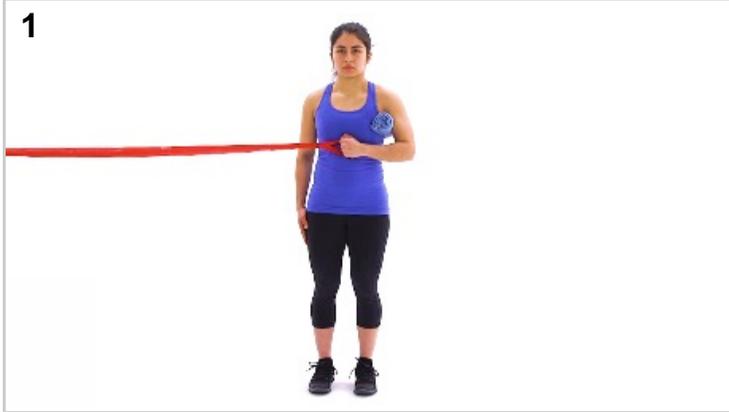
Shoulder External Rotation with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

Shoulder Internal Rotation with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Standing Shoulder Row with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

Shoulder Extension with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing position holding both ends of a resistance band anchored in front of you with your arms straight in front of your body.

Movement

Keeping your elbows straight, pull your hands down toward your hips. You should feel your shoulder blades go down. Return to start and repeat.

Tip

Make sure to maintain good posture during the exercise and do not shrug your shoulders.

Standing Shoulder Single Arm Flexion with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin standing tall, holding the end of a band that is anchored behind you.

Movement

Lift your arm forward, bringing your hand just above shoulder height. Return to the starting position and repeat.

Tip

Make sure to keep your elbow straight during the exercise. Do not arch your back or shrug your shoulder.

Standing Single Arm Shoulder Abduction with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing upright position holding one end of a resistance band anchored under your feet with your thumb pointing up.

Movement

Lift your arm straight out to your side, to shoulder height, then lower it back down and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder during the exercise.

Standing Tricep Extensions with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head.

Movement

Straighten your elbows, pulling against the resistance band, then slowly bring them back to the starting position and repeat.

Tip

Make sure to keep your elbows tucked at your sides and move your arms slowly.

Supine Chest Press with Dumbbells

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2



Setup

Begin lying on your back with a dumbbell in each hand and your arms bent at a 90 degree angle.

Movement

Press the dumbbells up toward the ceiling, straightening your arms, then lower them back down and repeat.

Tip

Make sure to keep your back relaxed during the exercise and do not let your shoulders lift off the ground.

Seated Overhead Press with Dumbbells

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 2

1



2



Setup

Begin sitting upright in a chair, holding a dumbbell in each hand.

Movement

Press your hands straight overhead, then slowly return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.