



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **CL439PAJ**

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.

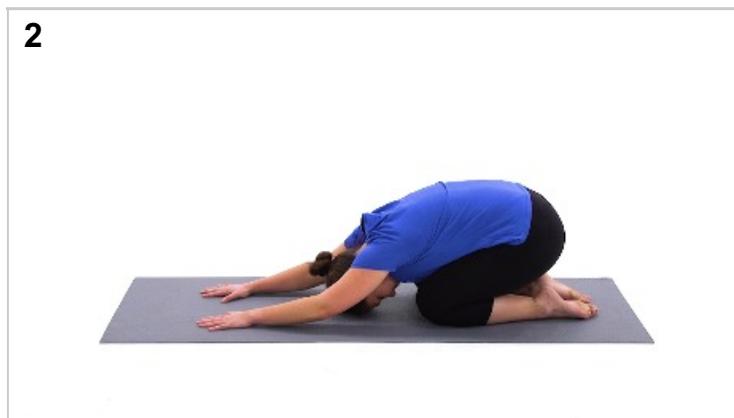
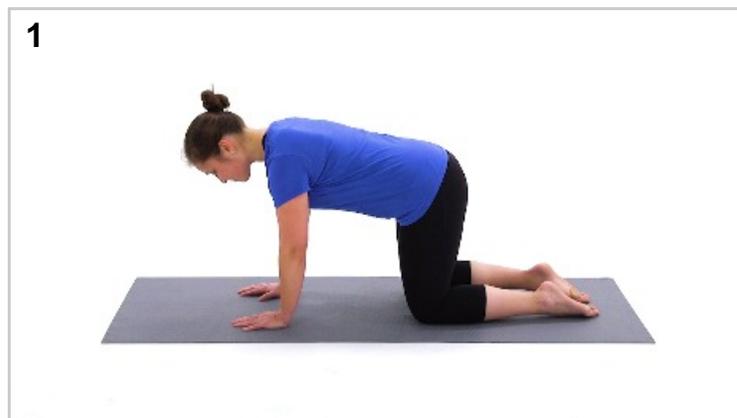


Clinician Notes

Total Body Stretching Program

Child's Pose Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Downward Dog

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin on all fours.

Movement

Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

Tip

Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.

Pigeon Pose

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin on all fours.

Movement

Bring one knee up towards your arms and rest the outside of that leg on the ground, with your other leg straight behind you. Bring your trunk forward, with your arms straight on the ground, until you feel a stretch.

Tip

Make sure to perform this exercise slowly, and keep your back straight.

Seated Cervical Sidebending Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin sitting in an upright position.

Movement

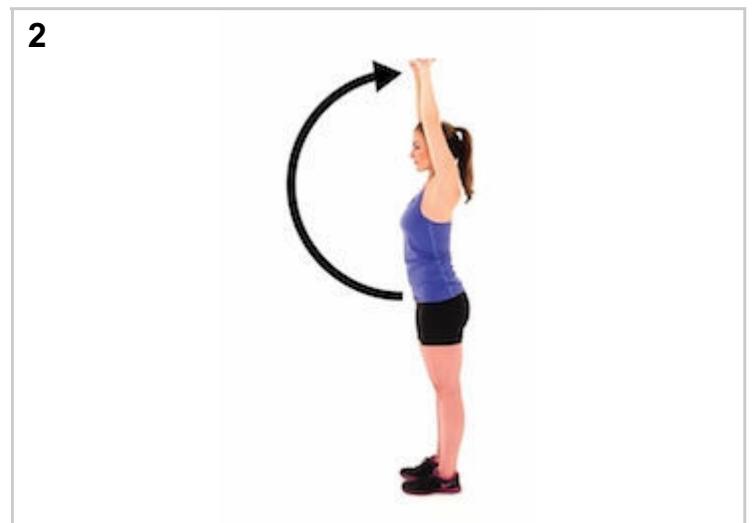
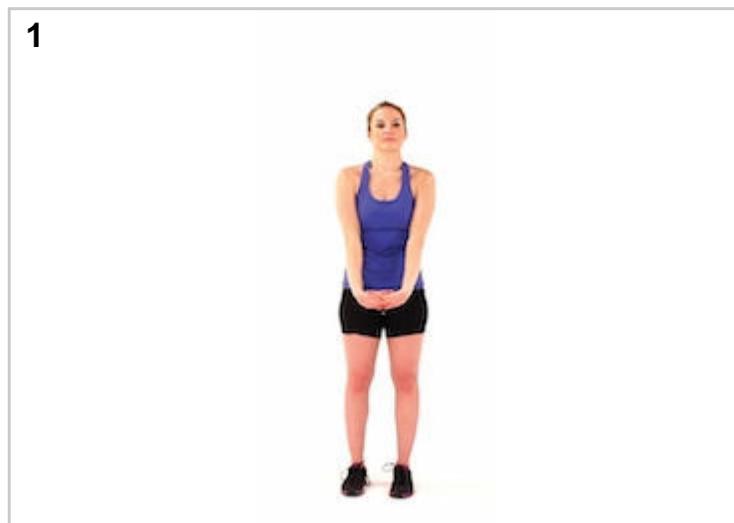
Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Overhead Stretch with Fingers Interlaced

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Setup: Begin in a standing upright position. Lace your fingers together with your palms facing outward.

Movement

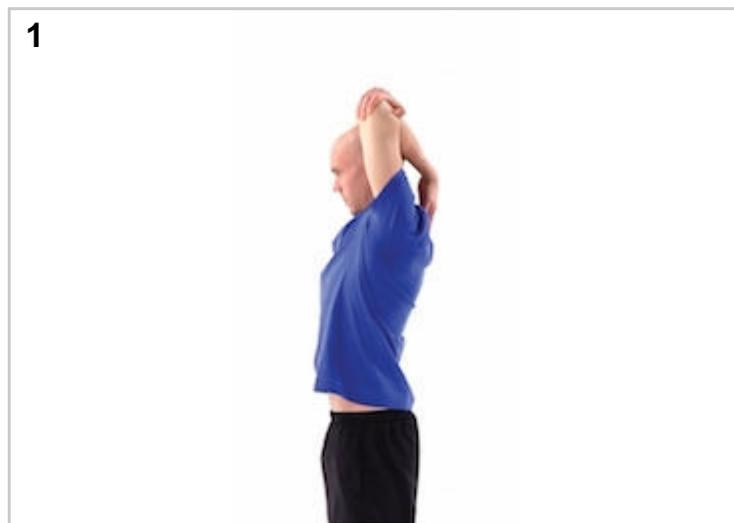
Keeping your elbows straight, raise your arms over your head. You should feel a stretch in the front of your upper arms.

Tip

Maintain a gentle chin tuck throughout the exercise and do not over arch your back.

Standing Overhead Triceps Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

Make sure to keep your back straight during the exercise.

Standing Shoulder Posterior Capsule Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position.

Movement

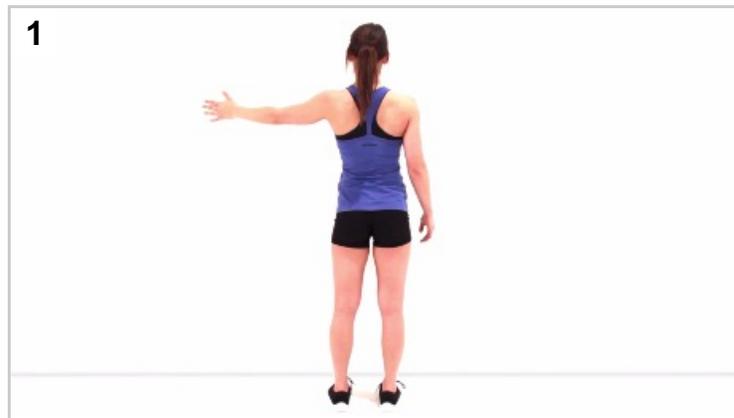
Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Standing Pec Stretch at Wall

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

Standing Shoulder External Rotation Stretch in Doorway

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

Single Arm Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

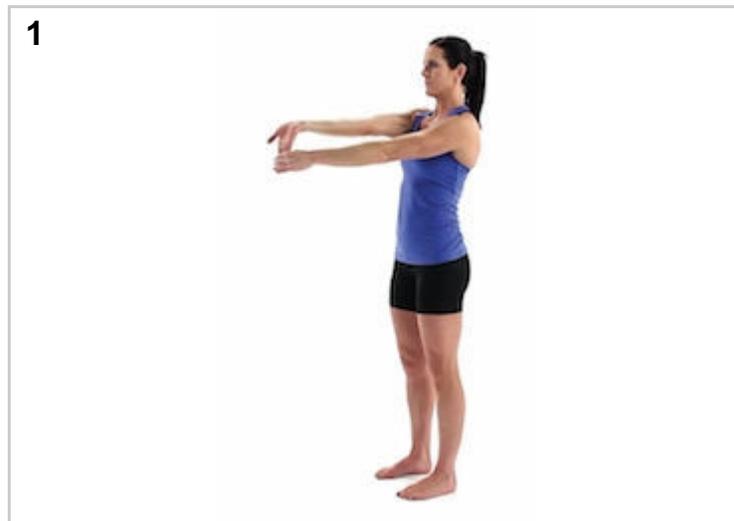
With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

Standing Wrist Extension Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

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

Movement

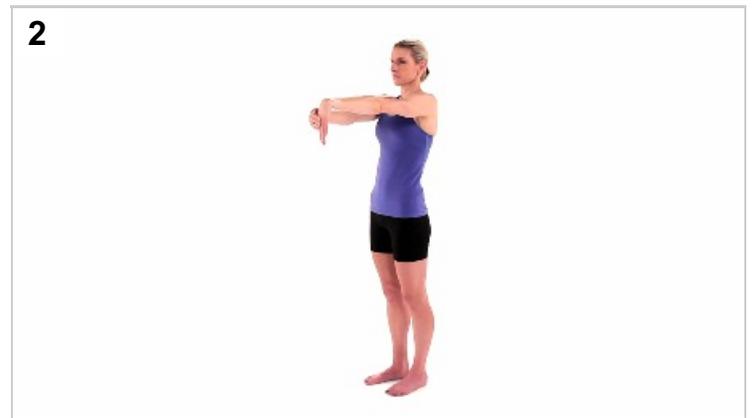
With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

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

Standing Wrist Flexion Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

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

Movement

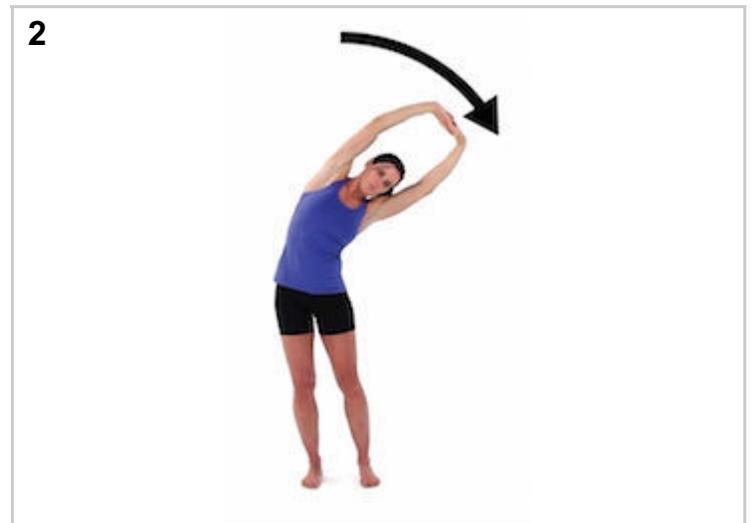
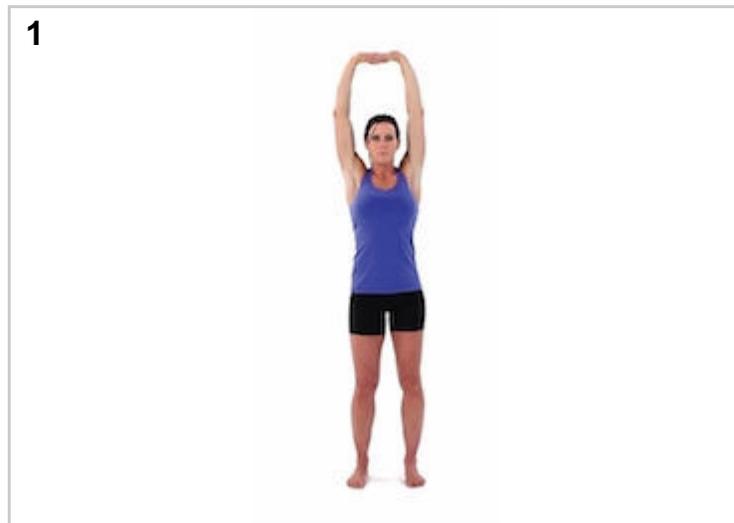
With your other hand, bend your wrist downward until you feel a stretch.

Tip

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

TL Sidebending Stretch - Arms Overhead

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position with your arms clasped straight overhead.

Movement

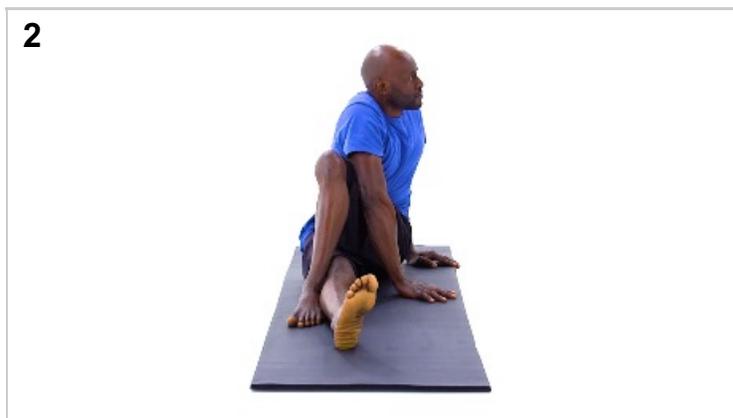
Slowly lean toward one side until you feel a stretch and hold.

Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

Long Sitting Rotation Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin sitting upright with your legs straight forward.

Movement

Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Rest your opposite arm on the outside of your knee as you slowly rotate your torso until you feel a gentle stretch. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

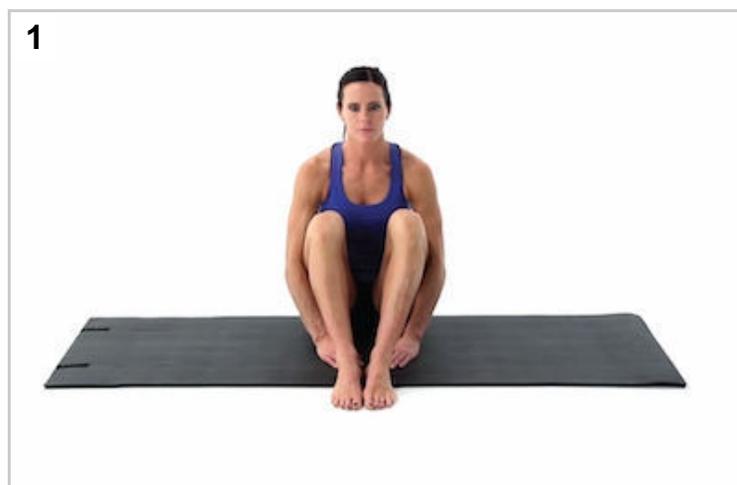
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Butterfly Groin Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin by sitting upright with your knees bent and soles of your feet together.

Movement

Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

Make sure not to let your low back slouch.

Hip External Rotation Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



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 IT Band Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin lying on your side.

Movement

Cross your upper leg in front of your body and rest your foot on the ground. Slowly push your upper body off the floor until you feel a stretch on the outside of your lower thigh.

Tip

Make sure to keep your movements slow and controlled, and do not stretch through pain.

Sidelying Quadriceps Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin lying on your side with your legs straight.

Movement

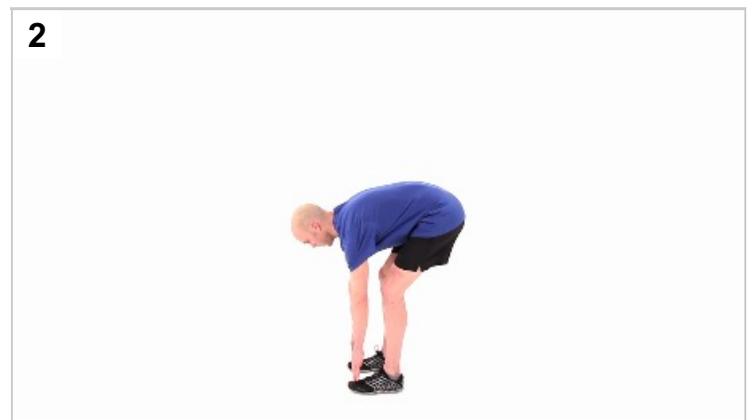
Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

Standing Hamstring Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin standing with your feet shoulder width apart.

Movement

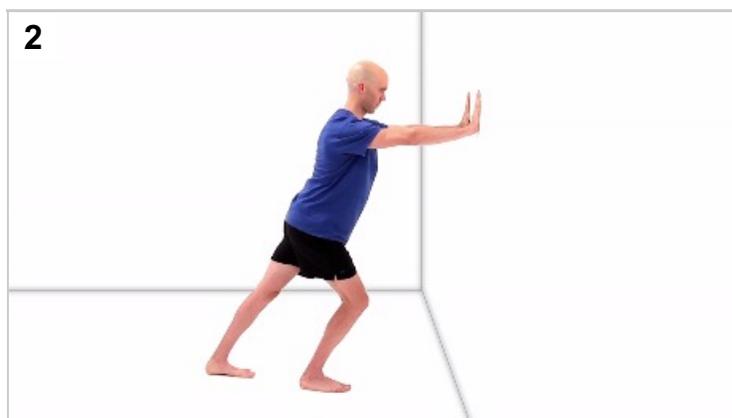
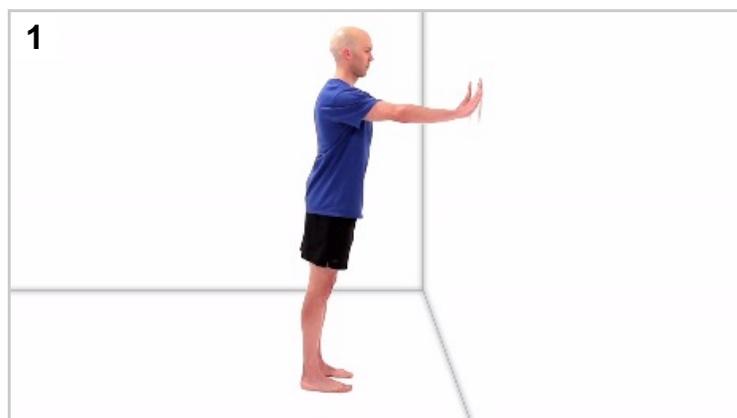
Exhale and bend forward, lowering your hands toward the floor, bending at your hips and keeping your knees slightly bent. You should feel a stretch in the back of your upper legs.

Tip

Make sure to keep your back relaxed and do not move through pain.

Gastroc Stretch on Wall

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



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.

Seated Plantar Fascia Stretch

REPS: 1	SETS: 3	HOLD: 15	DAILY: 1
WEEKLY: 3			



Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.