



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

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

Access Code: **2W5WLXTD**

## 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.

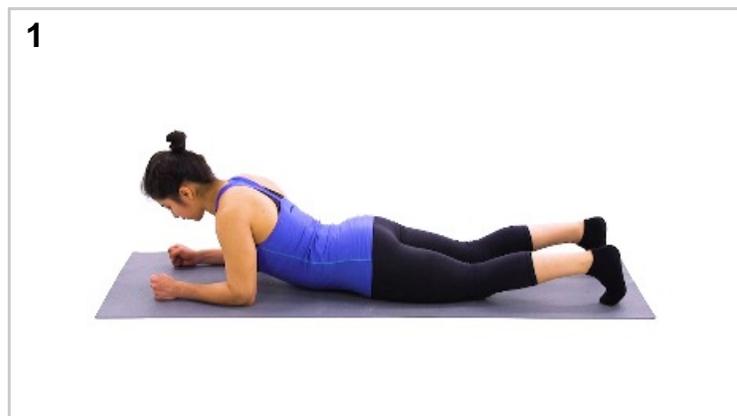


## Clinician Notes

Upper Extremity Strengthening

# Standard Plank

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



## 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.

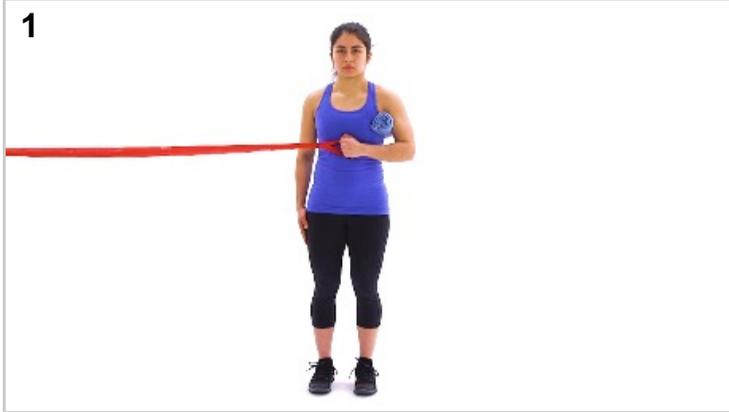
# Shoulder External Rotation with Anchored Resistance

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.

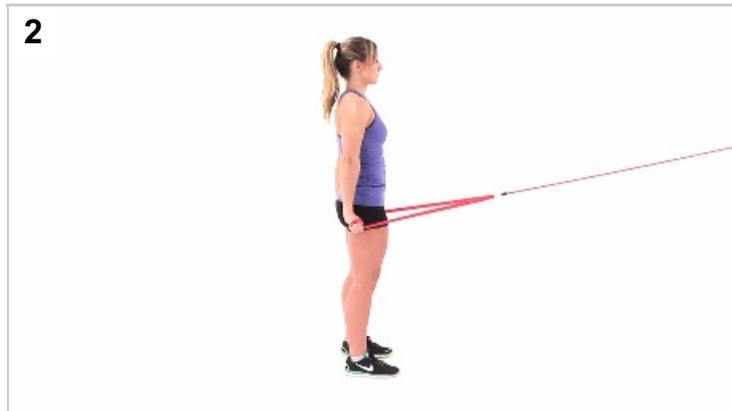
# Shoulder Extension with Resistance

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.

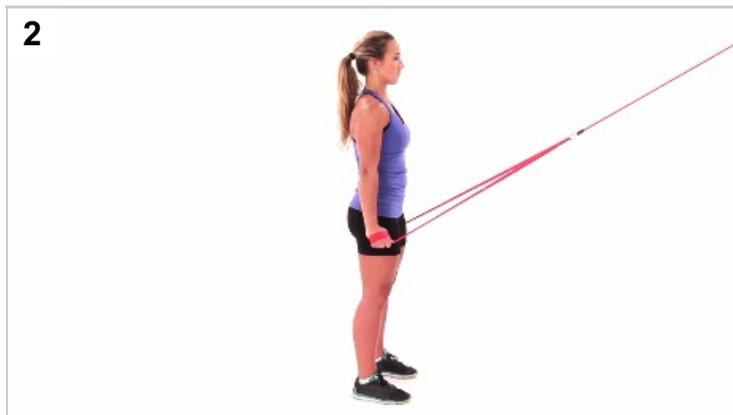
# Standing Tricep Extensions with Resistance

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

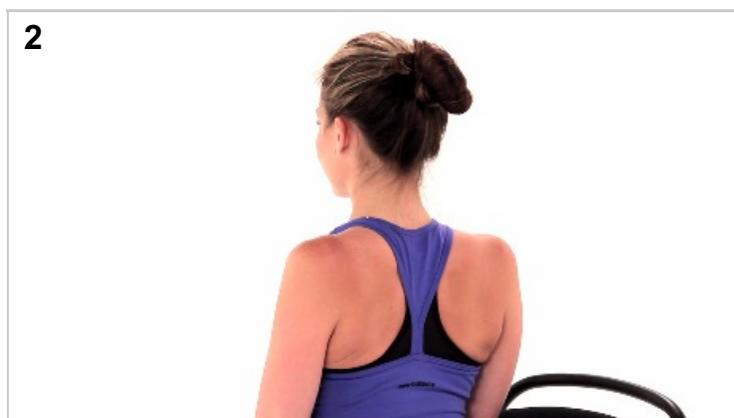
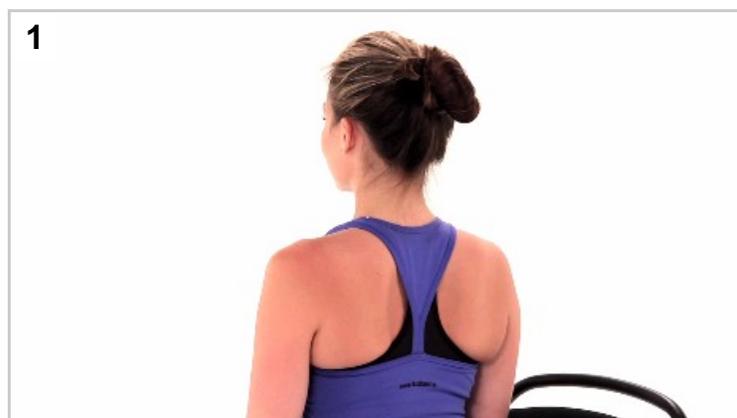
Press your hands straight overhead, then slowly return to the starting position and repeat.

## Tip

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

# Seated Scapular Retraction

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 2</b>			



## Setup

Begin sitting in an upright position.

## Movement

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

## Tip

Make sure to maintain good posture during the exercise.

## Prone W Scapular Retraction

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 2</b>			



### 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.