



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

[WorkCare.medbridgego.com](http://WorkCare.medbridgego.com)

Access Code: **KBBZQR3L**

## 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

This program can be used to help employees find some relief with Achilles tendon/calf pain by stretching, mobilizing, and strengthening the muscles and soft tissue structures that act on the ankle joint.

Please note, activities that require a slight raise in elevation are only to be performed if all other activities are able to be completed pain free and without any difficulty.

Please use a fixed object as support while stepping onto, performing, and stepping off of raised platform.

# Calf Mobilization with Foam Roll

**SETS: 2-3**

**DURATION: 30-60  
SECONDS**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

## Movement

Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

## Tip

Make sure to keep your movements slow and controlled.

## Seated Ankle Plantarflexion Dorsiflexion PROM

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>SETS: 2-3</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



### Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the top of your foot and the other should be around your heel.

### Movement

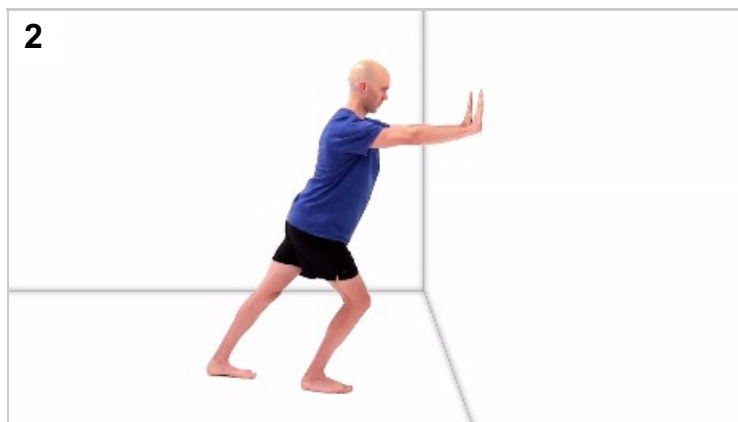
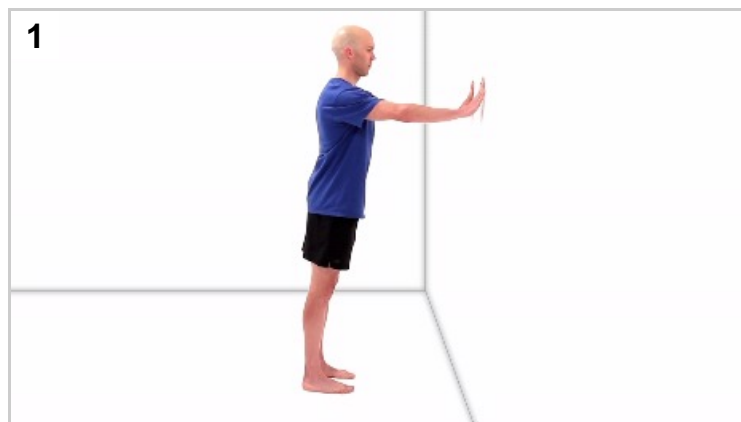
Using just your hands, slowly bend your ankle upward and downward.

### Tip

Make sure to keep your ankle relaxed as you move your foot.

## Gastroc Stretch on Wall

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>SETS: 2-3</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



### 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.

## Soleus Stretch on Wall

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>SETS: 2-3</b>	<b>SETS: 2-3</b>
<b>DAILY: 1</b>	<b>WEEKLY: 4-7</b>		



### Setup

Begin in a standing upright position in front of a wall.

### Movement

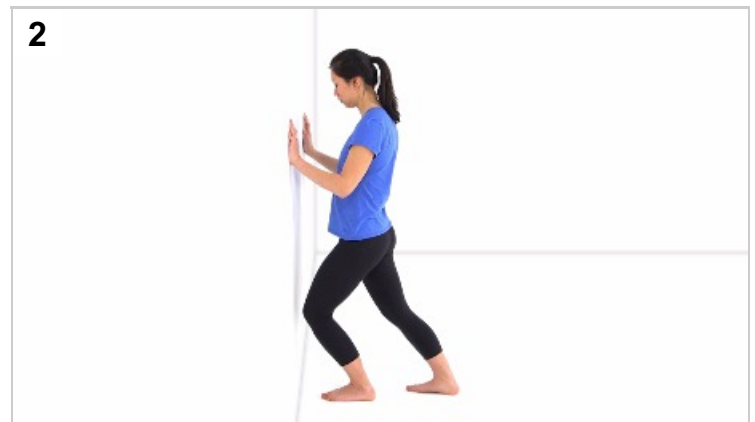
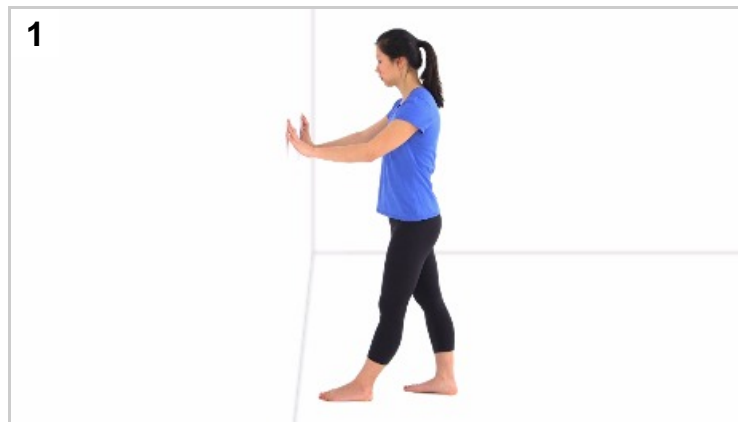
Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

### Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

# Standing Ankle Dorsiflexion Stretch

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>SETS: 2-3</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

Begin in a staggered stance position with your front foot close to a wall in front of you.

## Movement

Slowly shift your weight forward, pushing your knee toward the wall, until you feel a stretch in your ankle. Hold, then relax and repeat.

## Tip

Make sure to keep your front heel flat on the ground and do not bend your knee inward or outward during the stretch.

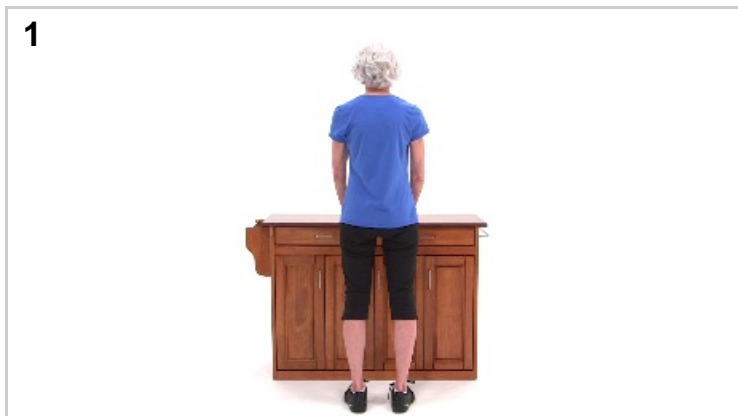
## Heel rises with counter support

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



If too easy, please instead perform "Heel Raise on Step."

### Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

### Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

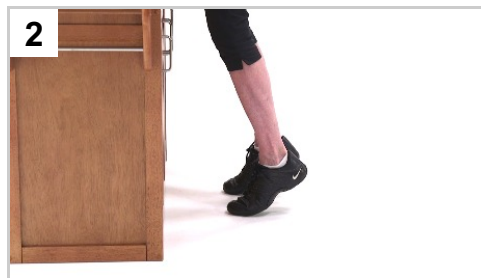
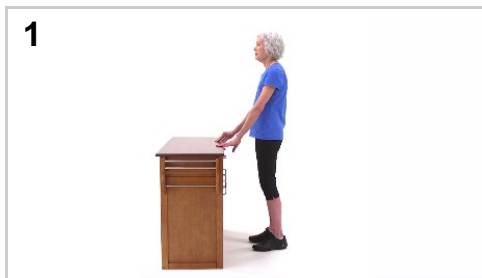
### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.



# Heel Toe Raises with Counter Support

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>SETS: 2-3</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

## Movement

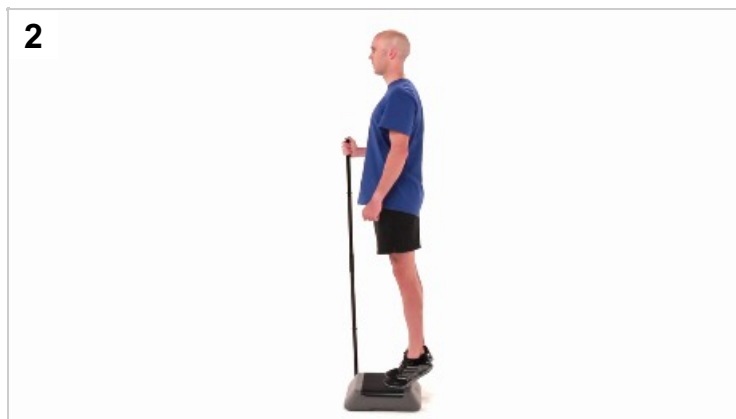
Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

## Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

## Heel Raise on Step

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>HOLD AT TOP: 2 SECONDS</b>	<b>DROP TIME: 4 SECONDS</b>
<b>SETS: 2-3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 4-7</b>	



Please only perform instead of "Heel Raise With Counter Support" if able to do the prior pain free and if that movement is too easy.

### Setup

Begin standing at the edge of a step with your heels hanging off the edge. You may hold onto a stable object for support.

### Movement

Raise up onto the balls of your feet, then slowly lower your heels down off the edge of the step and repeat.

### Tip

Make sure to maintain your balance during the exercise. Keep your movements slow and controlled.

## Eccentric Heel Lowering on Step

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>DROP: 4 SECONDS</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



Only do this if the "Standing Eccentric Heel Raise" exercises is too easy. The most important part is the descent. Make sure to take it nice and slow and do not bounce at the bottom.

### Setup

Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

### Movement

Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

### Tip

Make sure to maintain your balance and keep your back straight throughout the exercise.

# Exercise List

## Calf Mobilization with Foam Roll



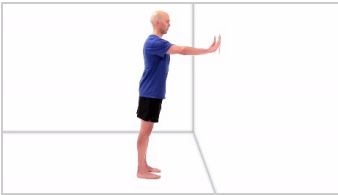
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 2-3														
DAILY: 1														

## Seated Ankle Plantarflexion Dorsiflexion PROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Gastroc Stretch on Wall



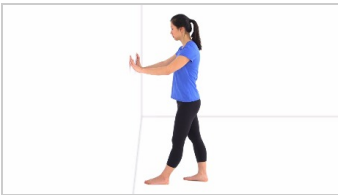
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2														
DAILY: 1														

## Soleus Stretch on Wall



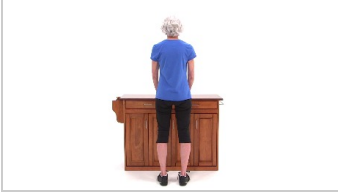
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2														
DAILY: 1														

## Standing Ankle Dorsiflexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Heel rises with counter support



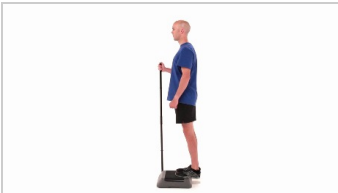
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Heel Toe Raises with Counter Support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Heel Raise on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Eccentric Heel Lowering on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														