

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **D2CDTGGH**

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.

Seated Ankle Circles

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

Movement

Rotating at the ankle, slowly trace circles with your foot, first in one direction and then the other.

Tip

Make sure to keep your upper leg still as you move your foot.

Long Sitting Calf Stretch with Strap

REPS: 1-2	SETS: 2-3	HOLD: 30-45SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

Seated Ankle Pumps

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright with one leg straight forward.

Movement

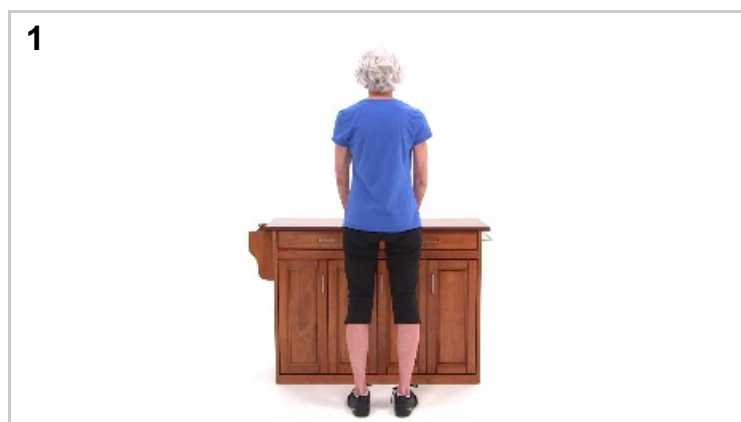
Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

Heel rises with counter support

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

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

Movement

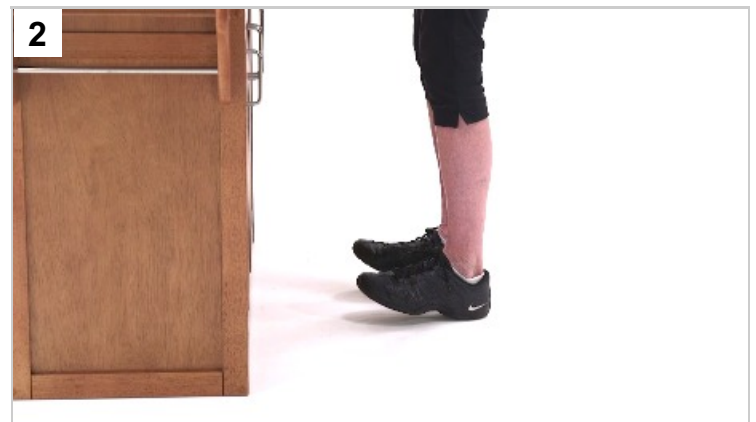
Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

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.

Toe Raises with Counter Support

REPS: 10	SETS: 2-3	HOLD: 1SEC	DAILY: 1
WEEKLY: 4-7			



Setup

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

Movement

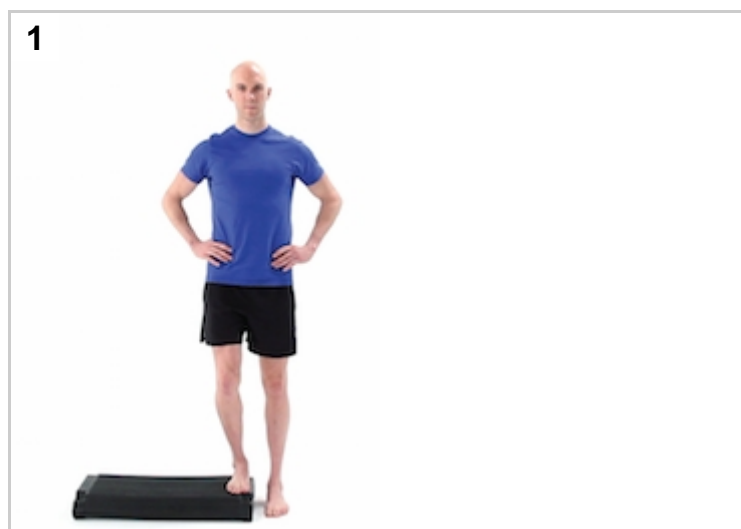
Lift the balls of your feet off the ground. Hold briefly, then return to the starting position and repeat.

Tip

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

Hip Hiking on Step

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin standing on a platform, balancing on one leg, with your other foot hanging off the edge.

Movement

Raise one hip to lift your hanging foot off the ground as high as you can, then lower it and repeat.

Tip

Make sure to keep your foot relaxed and use your hip to create the movement. Maintain an upright posture during the exercise.

Ankle Inversion Eversion Towel Slide

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on a chair with one foot resting on a towel.

Movement

Slowly turn your foot inward using your heel as a pivot, then slide it outward, and repeat.

Tip

Make sure to keep your foot on the floor during the exercise.

Seated Ankle Alphabet

REPS: 1-2

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

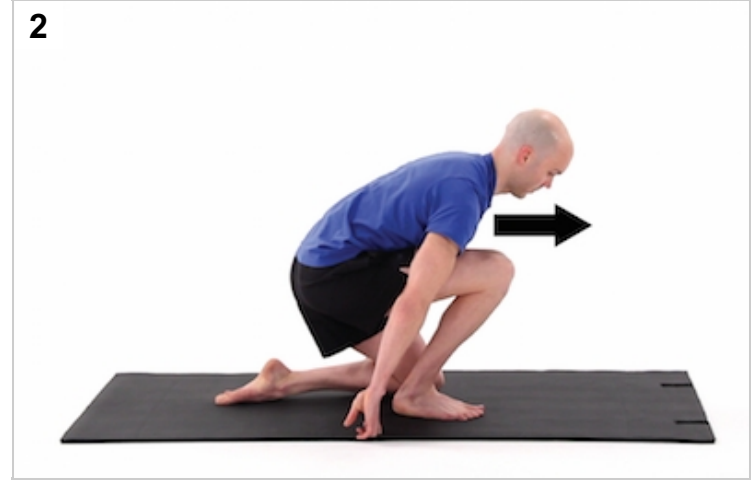
Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-



Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

Tip

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

Exercise List

Seated Ankle Circles



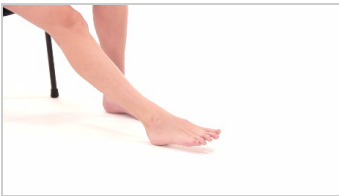
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Calf Stretch with Strap



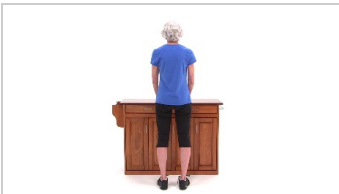
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1-2														
SETS: 2-3														
DAILY: 1														

Seated Ankle Pumps



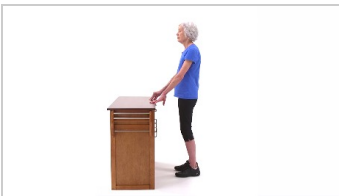
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Heel rises with counter support



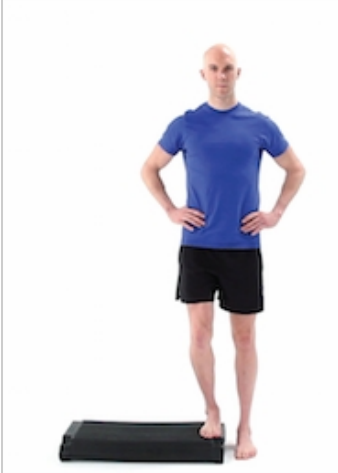
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

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														

Hip Hiking on Step



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

Ankle Inversion Eversion Towel Slide



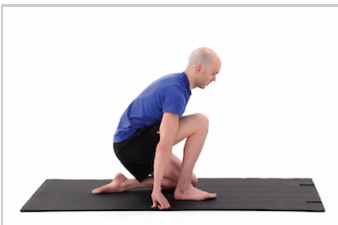
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Ankle Alphabet



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

Half Kneel Ankle Dorsiflexion Self-Mobilization



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