



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **HY4PVV69**

## 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

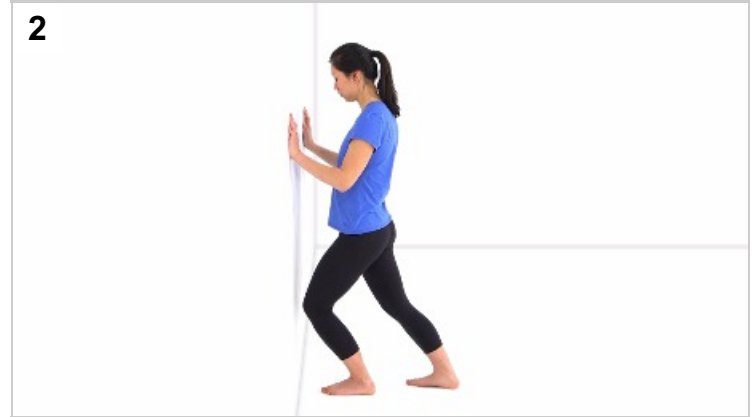
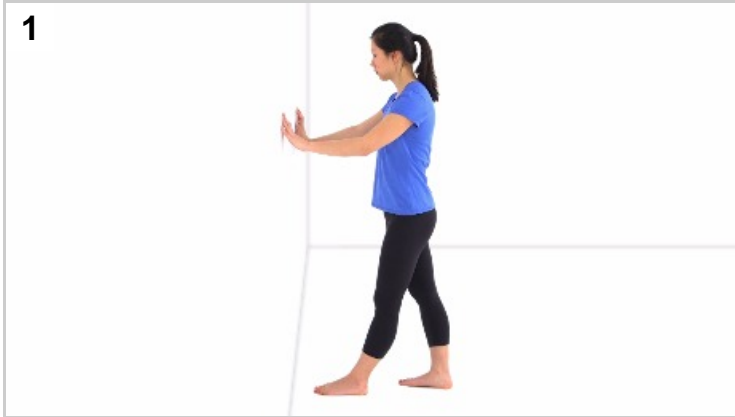
Gain a deeper understanding of your condition and the road to health recovery.

### Track your progress

Keep track of your activity and progress throughout treatment and post care.

## Standing Ankle Dorsiflexion Stretch

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</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.

# Quadriceps Stretch with Chair

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

Begin in a standing upright position holding onto a stable surface for support.

## Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

## Tip

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

# Seated Hamstring Stretch

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

## Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

## Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

# Seated Ankle Alphabet

**REPS: 10**

**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.

## 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.

# 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.

# Long Sitting Ankle Plantar Flexion with Resistance

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

## Movement

Bend your foot away from your body, creating further tension in the band.

## Tip

Make sure to keep your toes relaxed and maintain good sitting posture.



# Long Sitting Ankle Eversion with Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



## Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

## Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

## Tip

Make sure to avoid any hip movement.

# Long Sitting Ankle Inversion with Resistance

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

## Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

## Tip

Make sure to avoid any hip movement.

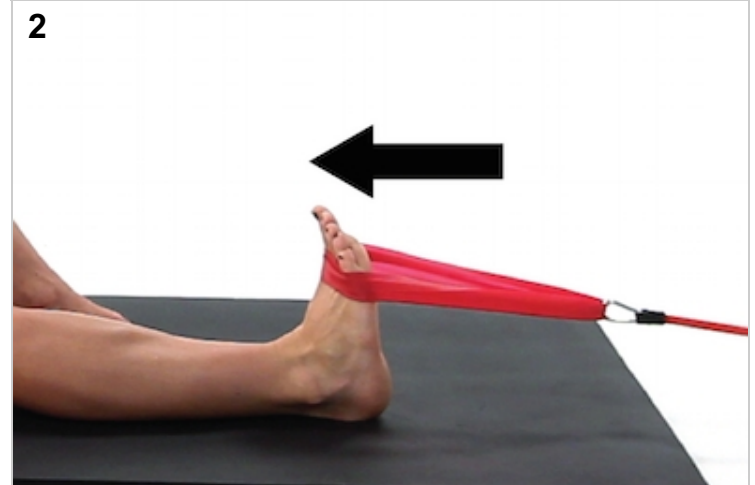
# Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



## Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

## Movement

Pull the top of your foot toward your body, creating further tension in the band.

## Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

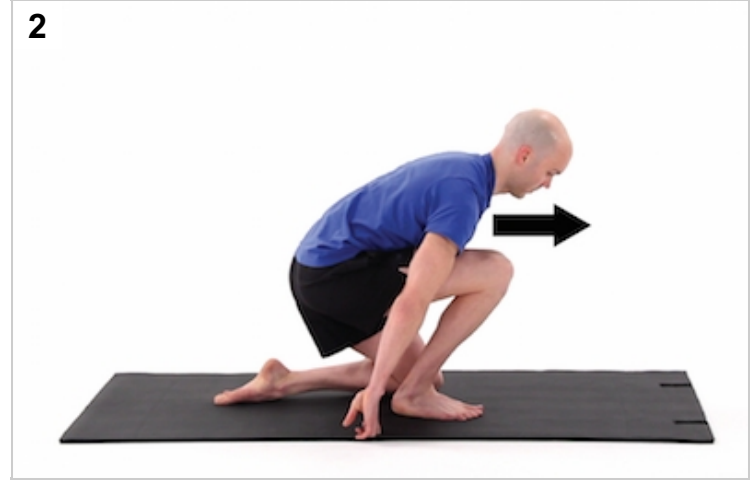
# Half Kneel Ankle Dorsiflexion Self-Mobilization

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

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

## Movement

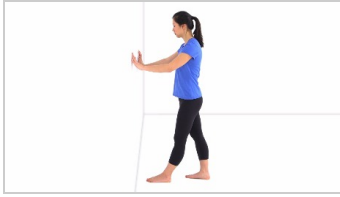
Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

## Tip

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

# Exercise List

## Standing Ankle Dorsiflexion Stretch



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

## Quadriceps Stretch with Chair



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

## Seated Hamstring Stretch



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

## Seated Ankle Alphabet



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

## Seated Ankle Circles



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

## Ankle Inversion Eversion Towel Slide



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

## Long Sitting Ankle Plantar Flexion with Resistance



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

## Long Sitting Ankle Eversion with Resistance



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

## Long Sitting Ankle Inversion with Resistance



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

## Long Sitting Ankle Dorsiflexion with Anchored Resistance



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

## Half Kneel Ankle Dorsiflexion Self-Mobilization



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