



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **4RG69A3E**

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

Medbridge access code: 4RG69A3E

Please discontinue if pain starts at any point. Perform movements to as full range as possible without creating pain.

Seated Cervical Rotation AROM

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

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

Seated Cervical Flexion AROM

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



Setup

Begin in an upright seated position.

Movement

Slowly nod your head, tipping your chin down slightly toward your chest. You should feel as if you are stretching the muscles in the back of your neck as you do this motion.

Tip

Make sure to maintain an upright seated position as perform this movement.

Seated Cervical Sidebending Stretch

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



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.

Sternocleidomastoid Stretch

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin sitting upright with one hand placed flat on your collarbone.

Movement

Slowly tilt your head to the side away from your hand, then turn your head to look up towards the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip

Make sure to keep your neck and shoulders relaxed during the stretch.

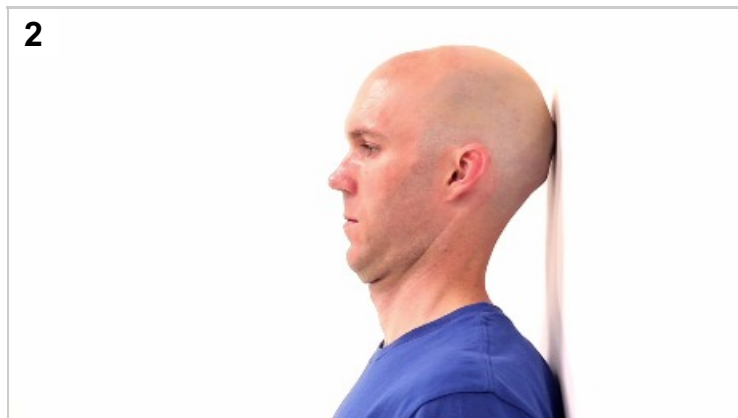
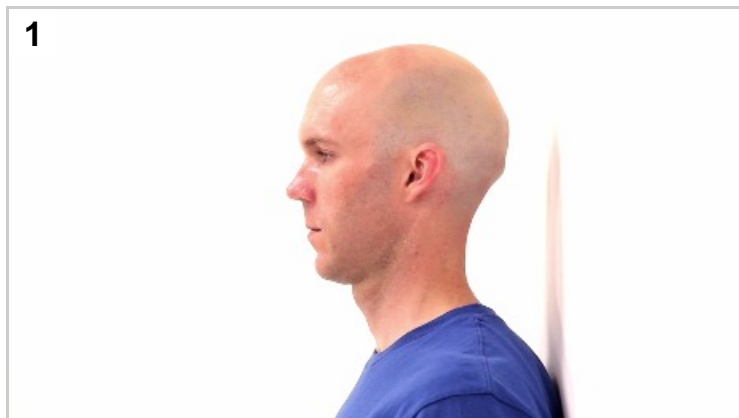
Cervical Retraction at Wall

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin in a standing upright position with your back against a wall.

Movement

Tuck your chin backward, like you are making a double chin, touching the back of your head to the wall, then relax and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side during the exercise.

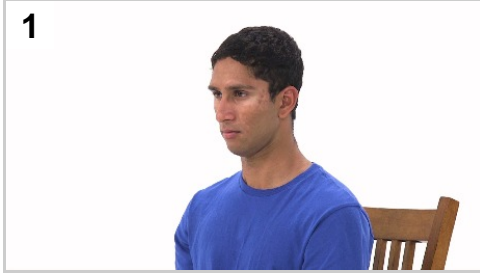
Seated Cervical Retraction and Rotation

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin sitting upright in a chair.

Movement

Gently tuck your chin and slightly press your head backward. Maintaining this position, rotate your head to one side, hold briefly, then repeat to the other side.

Tip

Make sure to keep your shoulders relaxed and do not bend your neck forward, backward, or sideways.

Supine Suboccipital Release with Tennis Balls

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin lying on your back with your knees bent and two tennis balls placed together at the base of your head.

Movement

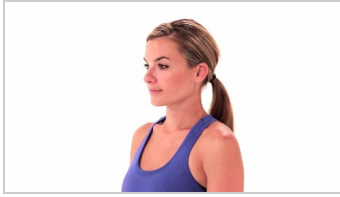
Hold this position. You should feel a light stretch or muscle release.

Tip

Make sure keep your neck relaxed during the stretch.

Exercise List

Seated Cervical Rotation AROM



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

Seated Cervical Flexion AROM



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

Seated Cervical Sidebending Stretch



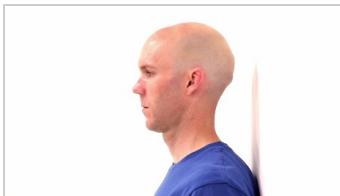
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Sternocleidomastoid Stretch



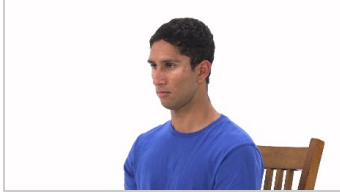
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Cervical Retraction at Wall



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

Seated Cervical Retraction and Rotation



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

Supine Suboccipital Release with Tennis Balls



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