



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **K639NQWJ**

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 Wrist Extension Stretch

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



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Seated Wrist Flexion with Overpressure

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



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

Slowly bend your wrist downward as far as is comfortable. With your other hand, gently push your hand further, and hold.

Tip

Make sure not to rotate your forearm during the stretch.

Ulnar Nerve Flossing

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



Setup

Begin in a standing upright position.

Movement

Bend one arm upward at the elbow with your palm toward the side of your head and your head tilted toward the same shoulder. Straighten your arm down toward your side, and tilt your head to the opposite shoulder. Then repeat.

Tip

Make sure to perform the movement in a slow and controlled manner.

Ulnar Nerve Flossing

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



Setup

Begin in a standing upright position.

Movement

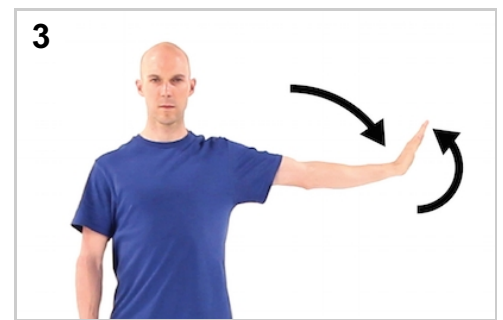
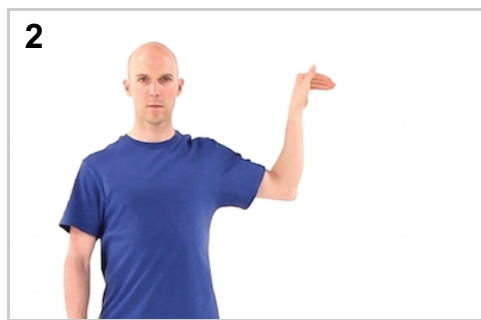
Place your palms together in front of your body with your arms parallel to the ground. Keeping your arms level, slowly slide them to either side, bending at your elbows.

Tip

Make sure to perform the movement in a slow and controlled manner.

Ulnar Nerve Flossing

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



Setup

Begin in a standing upright position with one arm straight out to your side at shoulder height, wrist bent backward with your palm facing out.

Movement

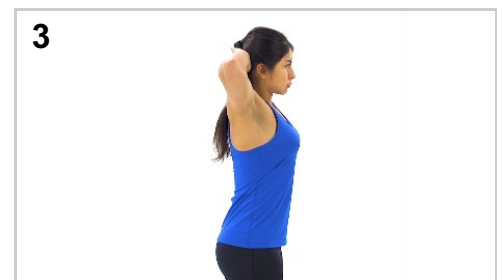
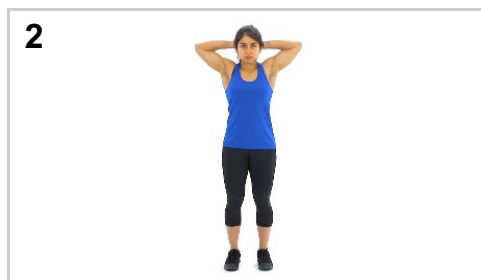
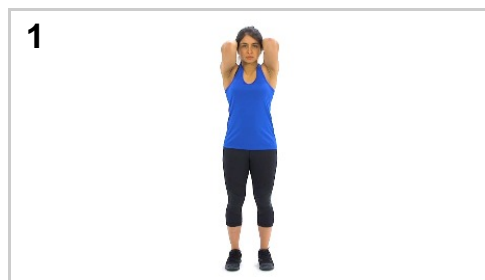
Simultaneously bend your elbow inward and curl your wrist, then return to the start and repeat.

Tip

Make sure to keep your motions smooth and continuous and do not shrug your shoulder as you move your arm.

Ulnar Nerve Butterfly

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



Setup

Begin standing upright. Place your hands on the back of your head with your elbows pointing forward.

Movement

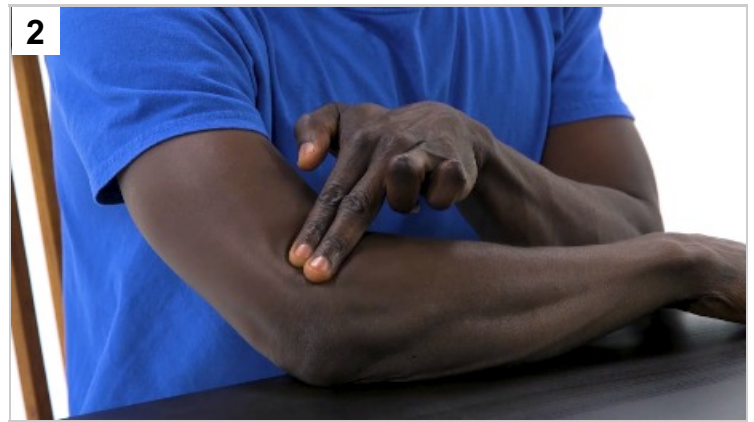
Press your elbows out to your sides and back until you feel a gentle stretch. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed. You should not feel any pain during the movement.

Tennis Elbow Self Massage

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



Setup

Begin sitting in a chair with your arm bent and supported by a table.

Movement

With the unsupported arm, place two fingers on the outside of your arm just above your elbow and massage in backward and forward strokes using a gliding motion.

Tip

Make sure to keep your supported arm relaxed during the massage.

Exercise List

Seated Wrist Extension Stretch



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

Seated Wrist Flexion with Overpressure



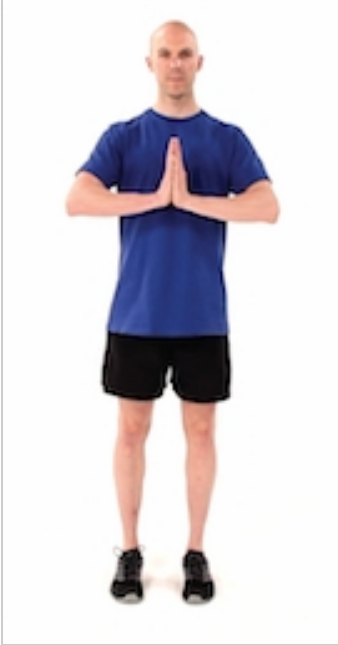
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Flossing



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

Ulnar Nerve Flossing



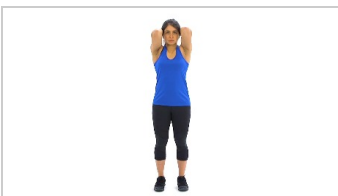
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Flossing



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

Ulnar Nerve Butterfly



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

Tennis Elbow Self Massage



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