



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **AHAY96YG**

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: 30-60SEC	DAILY: 1
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 Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

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

Tip

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

Finger Spreading

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright in a chair with your hand resting flat on a table.

Movement

Spread your fingers apart as far as is comfortable, then bring them back together and repeat.

Tip

Make sure to keep your fingers on the table during the exercise.

Thumb Opposition

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



3



4



Setup

Begin sitting with your hand in a comfortable position.

Movement

Touch the tip of your thumb together with one finger, then separate them and repeat with each of your other fingers.

Tip

Make sure to keep the rest of your arm relaxed during the movement.

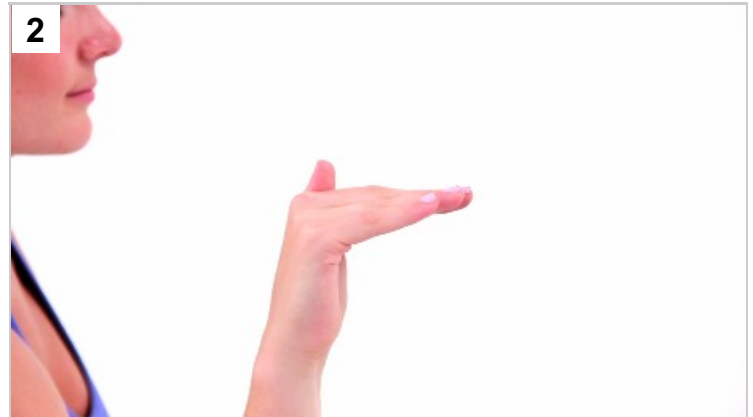
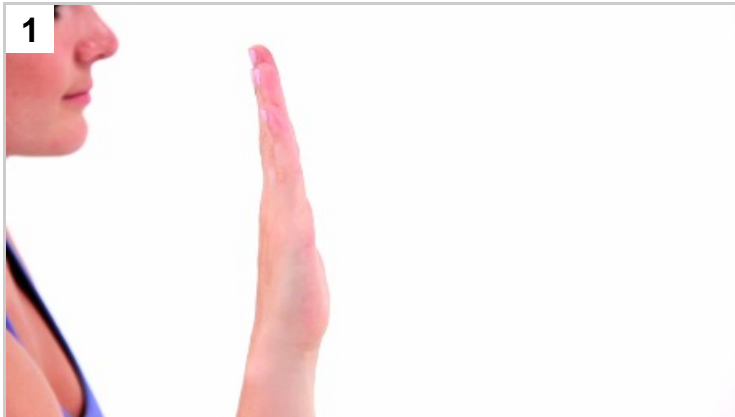
Finger MP Flexion AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright in a chair with your elbow resting on a table, your palm facing forward, and your fingers straight.

Movement

Slowly bend your fingers forward at your bottom knuckle, then back up and repeat.

Tip

Make sure to keep your wrist straight, and do not bend the other joints in your fingers.

Seated Finger Composite Flexion Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with your wrist and fingers straight.

Movement

Slowly bend the top two knuckles of your fingers downward. Pause, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion. Try to keep your wrist straight as you move your fingers.

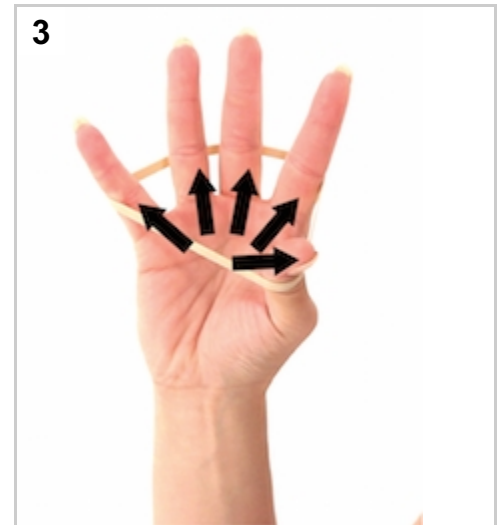
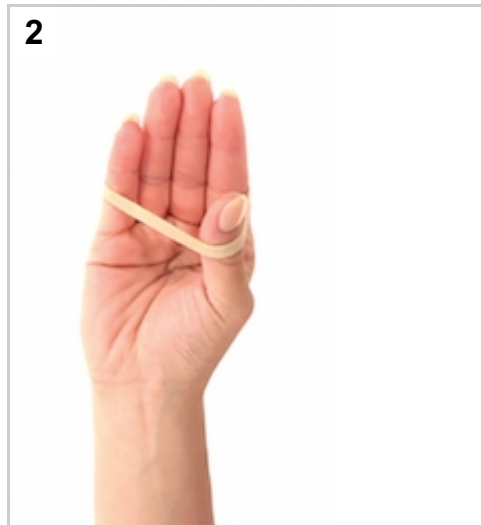
Resisted Finger Extension and Thumb Abduction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

Seated Finger PIP AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by gently holding one finger just below the middle knuckle to prevent the rest of your finger from moving.

Movement

Slowly bend your finger downward, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion.

Seated Finger DIP AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by gently holding one finger just below the last knuckle to prevent the rest of your finger from moving.

Movement

Slowly bend the end of your finger downward, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion.

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														

Seated Wrist Flexion Stretch



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

Finger Spreading



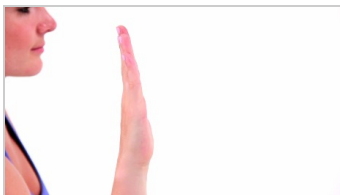
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Thumb Opposition



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

Finger MP Flexion AROM



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

Seated Finger Composite Flexion Extension



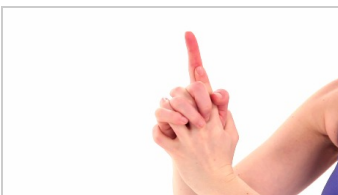
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Resisted Finger Extension and Thumb Abduction



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

Seated Finger PIP AROM



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

Seated Finger DIP AROM



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