

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **FMH6V7T8**

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 Hip Hinge

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with your hands on your hips.

Movement

Slowly bend forward at your hips.

Tip

Make sure to keep your back and knees straight during the exercise and only bend at your hips.

Squat

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

3-Way Lunge

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



3



4



Setup

Begin in a standing upright position.

Movement

Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping diagonally forward, and then sideways.

Tip

Make sure to keep your trunk steady and do not to let your knee collapse inward as you lunge.

Dynamic Straight Leg Kicks

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

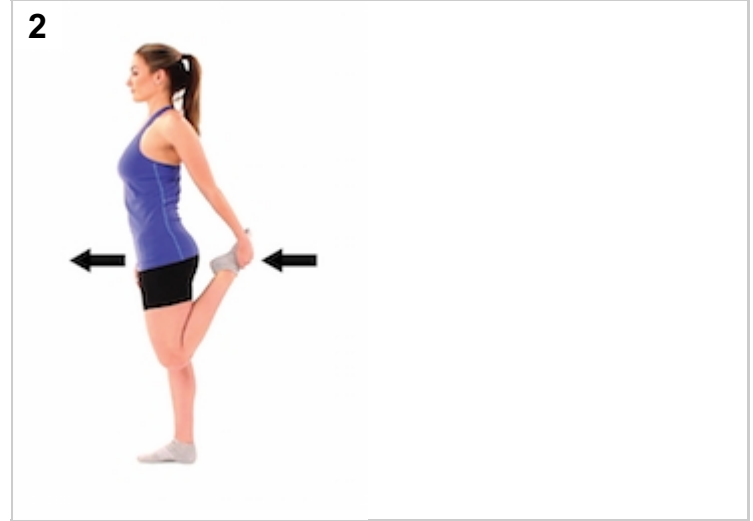
Standing Quadriceps Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

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.

Half Kneeling Hip Flexor Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

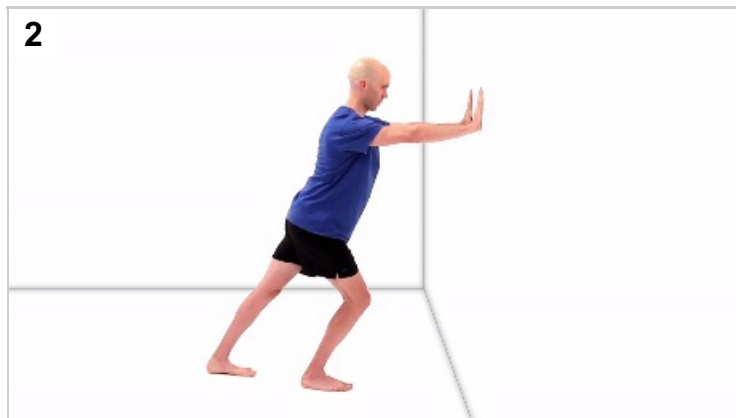
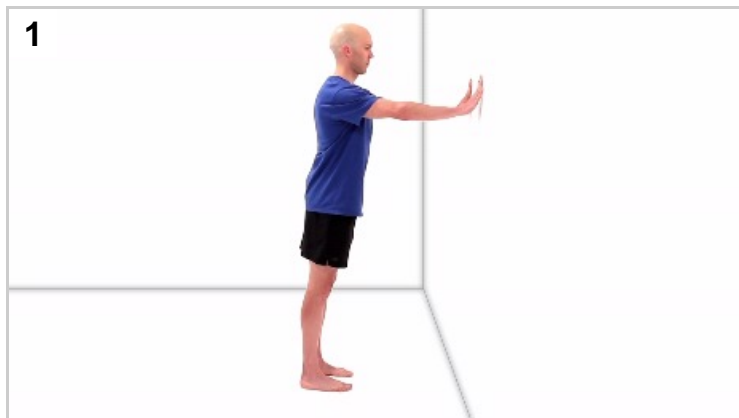
Gastroc Stretch on Wall

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Cat-Camel

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Standing Shoulder Circumduction

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat.

Tip

Make sure to maintain an upright posture during the exercise.

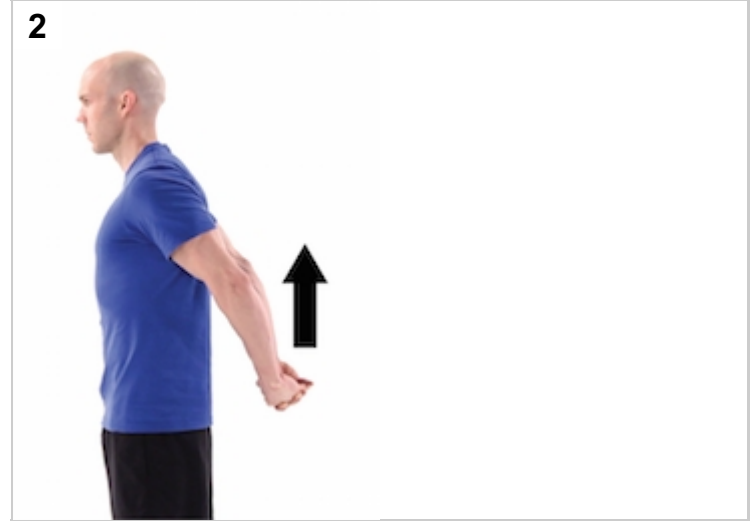
Chest and Bicep Stretch - Arms Behind Back

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

Make sure to keep your back straight during the exercise.

Standing Overhead Triceps Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

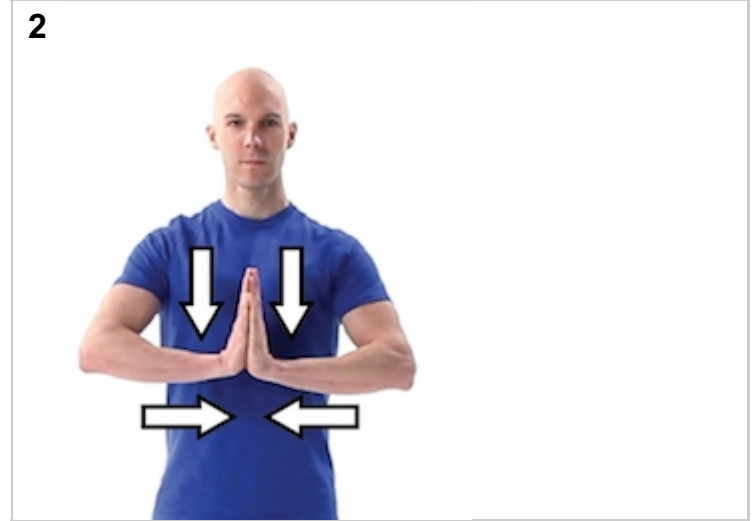
Make sure to keep your back straight during the exercise.

Wrist Prayer Stretch

REPS: 10

SETS: 1-3

DAILY: 1-3



Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Standing Wrist Flexion Stretch

REPS: 1

SETS: 1-3

HOLD: 30SEC

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

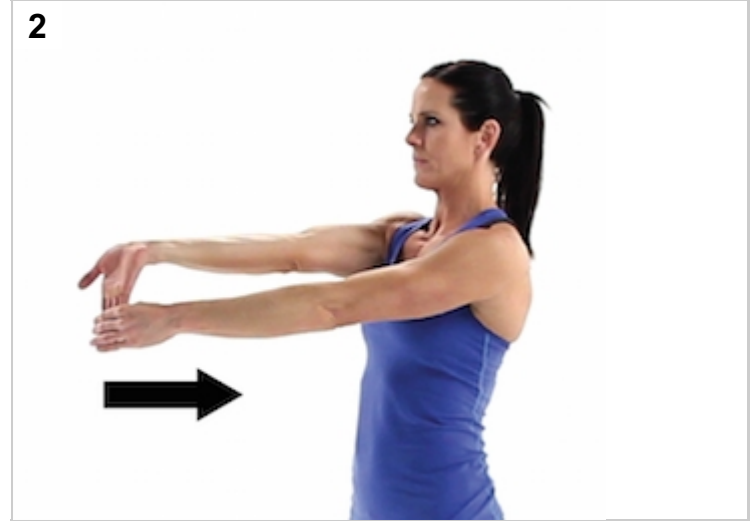
Standing Wrist Extension Stretch

REPS: 1

SETS: 1-3

HOLD: 30SEC

DAILY: 1-3



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Exercise List

Standing Hip Hinge



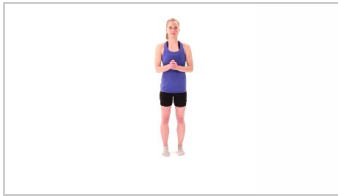
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Squat



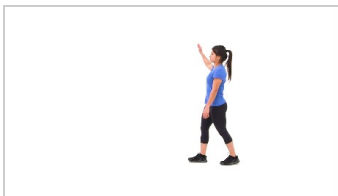
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REPS: 10														
SETS: 1-3														
DAILY: 1-3														

3-Way Lunge



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

Dynamic Straight Leg Kicks



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

Standing Quadriceps Stretch



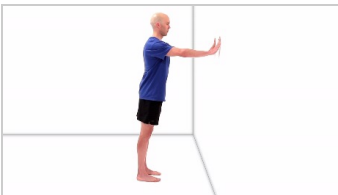
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Half Kneeling Hip Flexor Stretch



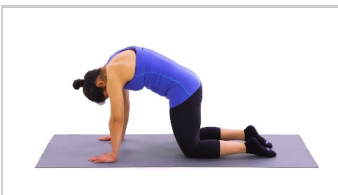
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Gastroc Stretch on Wall



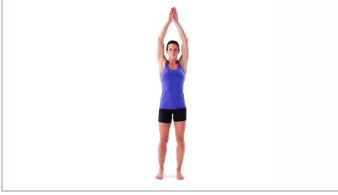
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Cat-Camel



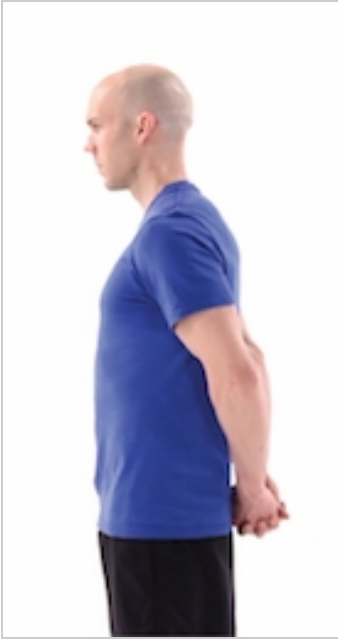
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Standing Shoulder Circumduction



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

Chest and Bicep Stretch - Arms Behind Back



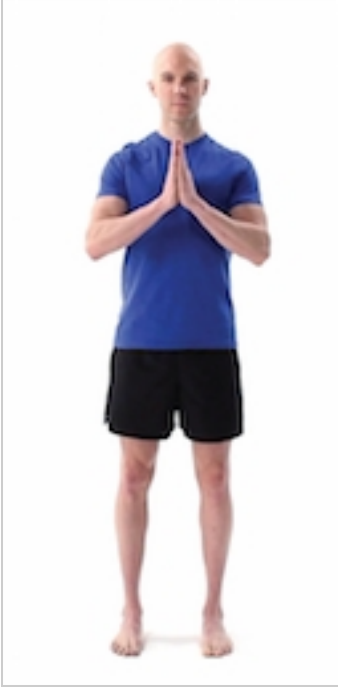
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Standing Overhead Triceps Stretch



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

Wrist Prayer Stretch



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

Standing Wrist Flexion Stretch



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

Standing Wrist Extension Stretch



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