



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **KK3GFTFY**

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.

Cat-Camel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

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.

Supine Hamstring Stretch with Strap

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



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

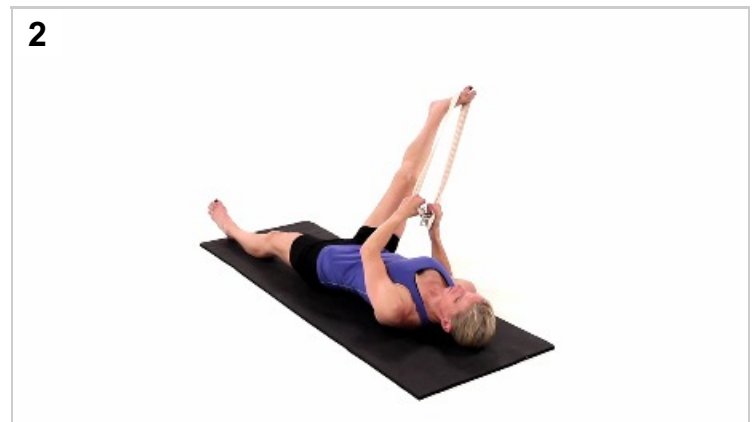
Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Hip Adductors and Hamstring Stretch with Strap

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



Setup

Begin by lying on your back with one leg straight, holding both ends of a strap secured around your other foot.

Movement

Use the strap to pull your leg up toward your body, then straighten your leg and let it slowly lower out to the side. You should feel a stretch in the inside of your thigh.

Tip

Make sure to keep your low back flat against the floor.

Supine Figure 4 Piriformis Stretch

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



Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

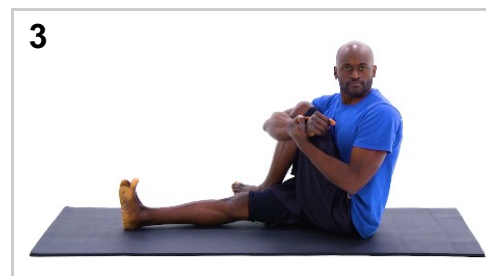
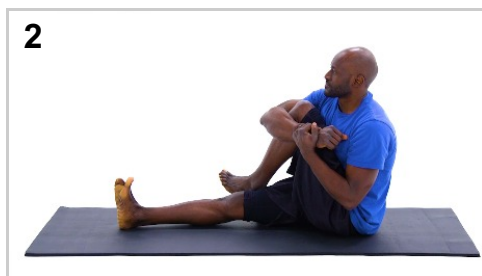
Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.

Seated Gluteal Stretch

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



Setup

Begin sitting upright with your legs straight forward.

Movement

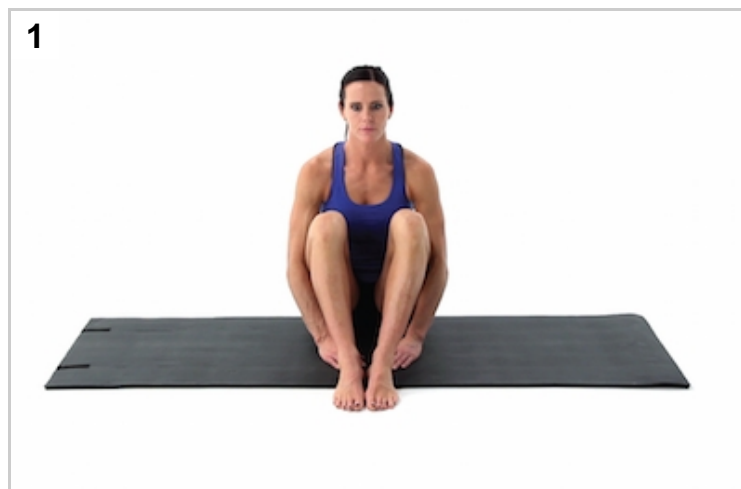
Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

Butterfly Groin Stretch

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



Setup

Begin by sitting upright with your knees bent and soles of your feet together.

Movement

Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

Make sure not to let your low back slouch.

Gluteus Mobilization with Foam Roll

REPS: 1	SETS: 2-3	HOLD: 45-60SEC ROLL	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting on a foam roller.

Movement

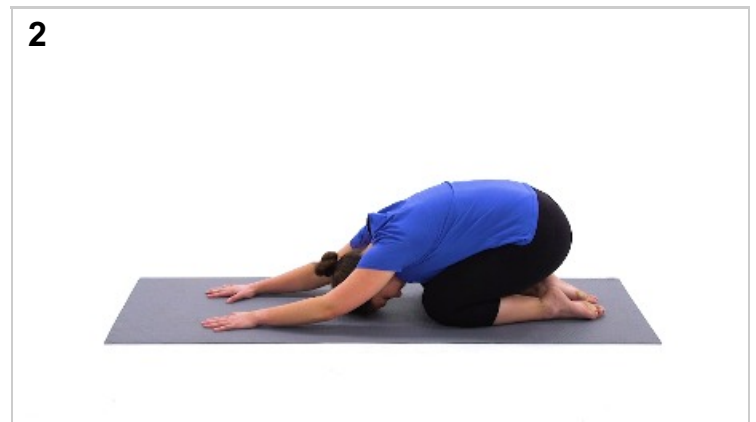
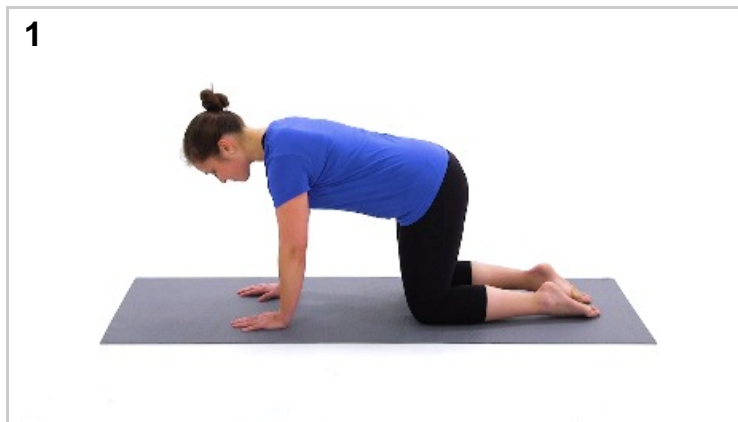
Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Child's Pose Stretch

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



Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Prone Press Up

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



Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Supine Lower Trunk Rotation

REPS: 10	SETS: 2-3	HOLD: 6-10SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 5SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

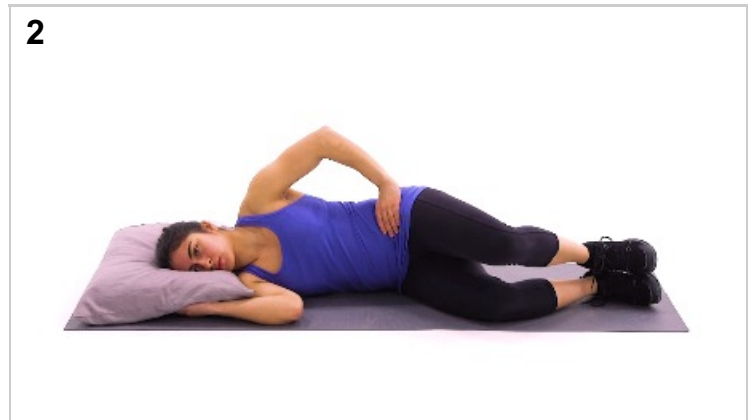
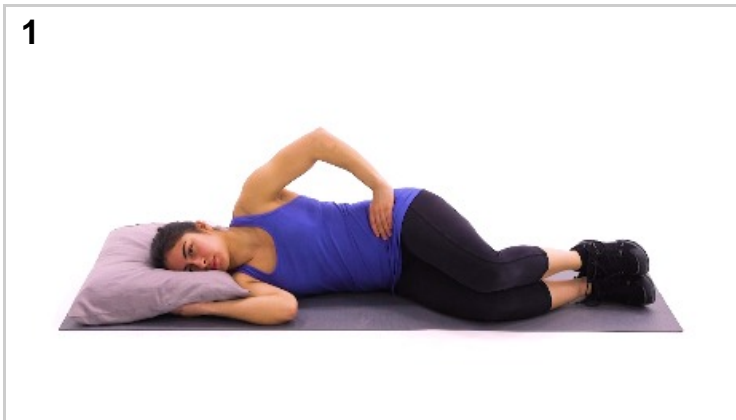
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell

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



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Exercise List

Cat-Camel



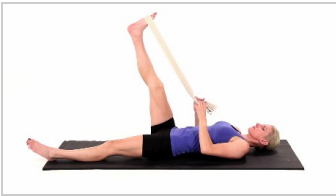
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Hamstring Stretch with Strap



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

Hip Adductors and Hamstring Stretch with Strap



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

Supine Figure 4 Piriformis Stretch



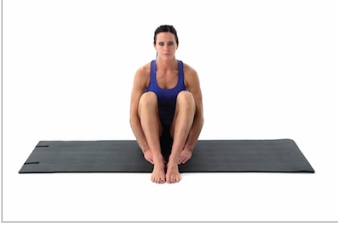
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Gluteal Stretch



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

Butterfly Groin Stretch



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

Gluteus Mobilization with Foam Roll



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

Child's Pose Stretch



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

Prone Press Up



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

Supine Lower Trunk Rotation



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

Supine Bridge



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

Clamshell



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