



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **8P2MX46C**

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.

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.

Seated Hamstring Stretch

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



Perform this hamstring stretch if unable to perform supine stretch with strap.

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Hip Flexor Stretch at Edge of Bed

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



Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

Leg your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not to let your low back arch during the stretch.

Quadriceps Stretch with Chair

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



Setup

Begin in a standing upright position holding onto a stable surface for support.

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.

Hip Hinge with Cone Pick-Up

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



You can use a water bottle or cup instead of a cone.

Setup

Begin in a standing upright position with a cone or other object on the floor in front of you.

Movement

Bend forward at your hips and reach down with one arm to pick up the cone, then return to the starting position. Put it back on the floor in the same way and repeat.

Tip

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

Dynamic Straight Leg Kicks

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

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.

Squat

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

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.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 2SEC	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.

Standing Knee Flexion

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



Setup

Begin in a standing upright position in front of a counter or stable surface for support with your surgical leg slightly bent and your toes resting on the ground.

Movement

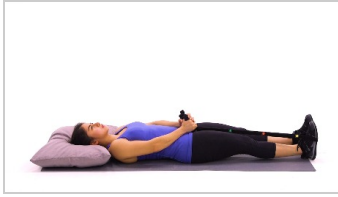
Slowly bend your knee, lifting the foot of your surgical leg off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and keep your movements slow and controlled.

Exercise List

Supine Hamstring Stretch with Strap



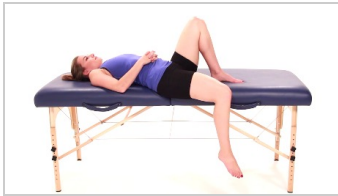
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Hamstring Stretch



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

Hip Flexor Stretch at Edge of Bed



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

Quadriceps Stretch with Chair



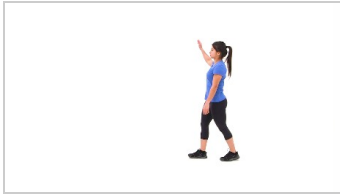
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Hip Hinge with Cone Pick-Up



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

Dynamic Straight Leg Kicks



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

Squat



	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														

Standing Knee Flexion



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