



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **AHHAHQBY**

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.

Clinician Notes

Access Code: AHHAHQBY

Day To Day

Causes

Prolonged Muscle Tension or Strain

Muscle Weakness &ndash Trying To

Do Too Much

Tight Hamstrings

“Altered Center of Gravity”

(gaining abdominal weight)

Poor Posture or Lifting Technique

Wear and Tear

(Disc or Bony Degeneration)

What To Do

1. Ice or Heat &ndash Warm Up, Walk or Hot Shower in the morning. Ice after exercise or work activity
2. Massage &ndash “Rub It Out”. For lower back, try a foam roller on hips, legs and back. Can increase bloodflow to the area and eliminate fascial restrictions.
3. Stretch &ndash Don’t Bounce, Slow Controlled Movements. It Should Not Hurt. Breathe Normally. Hold Each Stretch 30-60 seconds. Stretch Both Sides. Perform Stretches Twice Per Day.
4. Improve Posture &ndash Practice Good Posture and Form. Whether Standing, Sitting or Lifting. Don’t sleep on your stomach. Take periodic breaks. Change positions. Get up and move.
5. Strengthen &ndash Strengthening the involved area can increase stamina, resistance to strains, improve balance, posture and reduce injury.
6. Think Like An Athlete. Think of your body as your moneymaker. Warmup. Strengthen. Take Breaks. Stretch. Recover. Repeat.

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 Lower Trunk Rotation

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



Setup

Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

Movement

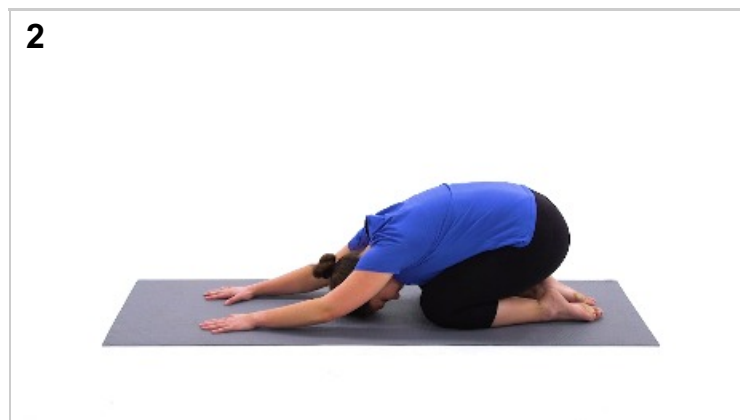
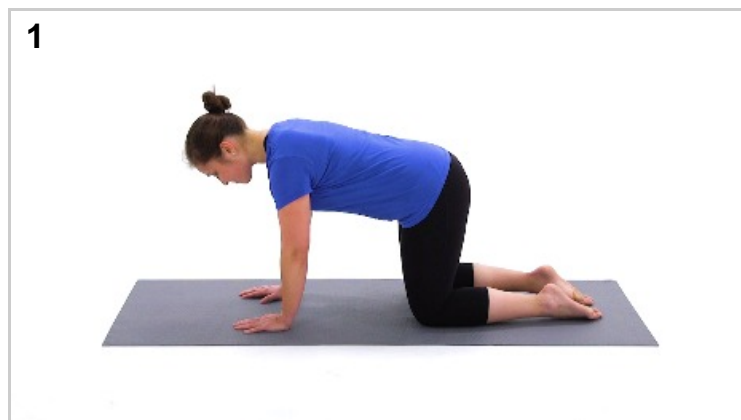
Lower your knees to one side, return to center, and repeat on the other side.

Tip

Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.

Child's Pose Stretch

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



Setup

Begin on all fours.

Movement

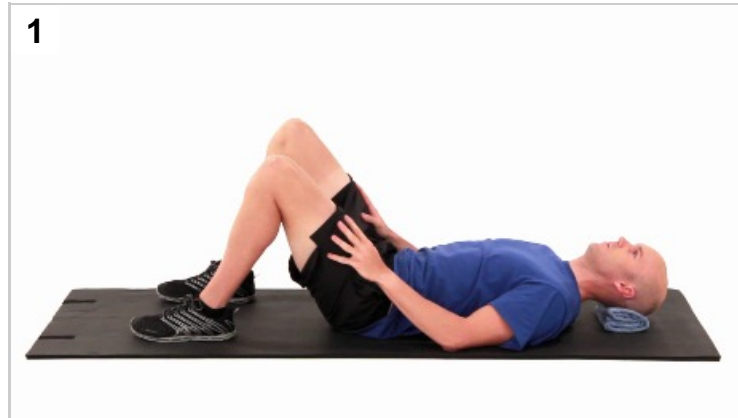
Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

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

Supine Double Knee to Chest Advanced

REPS: 3	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Please discontinue if pain is recreated.

Setup

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

Movement

Using your hands, slowly pull your knees toward your chest and curl your head toward your knees until you feel a gentle stretch in your lower back. Repeat.

Tip

Make sure to keep your back relaxed during the activity.

Supine Lumbar Rotation Stretch

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



Setup

Begin lying on your back with your legs straight and arms to your sides.

Movement

Bring one knee toward your chest, then lower it to the ground on one side of your body and hold. You should feel a stretch in your lower back and hip.

Tip

Make sure to keep your upper body on the floor.

Supine Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-45 SECONDS	DAILY: 1
WEEKLY: 4-7			



Strap can be substituted by a bath towel or a partner.

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.

Half Kneeling Hip Flexor Stretch

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

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

Movement

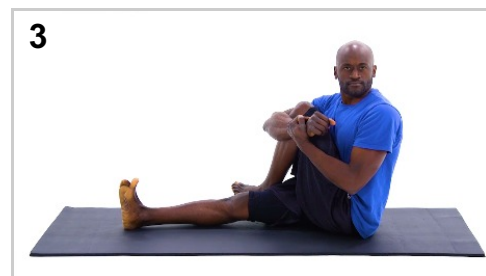
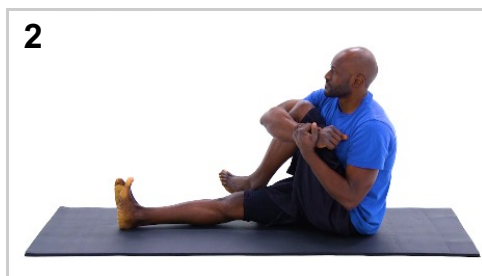
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

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

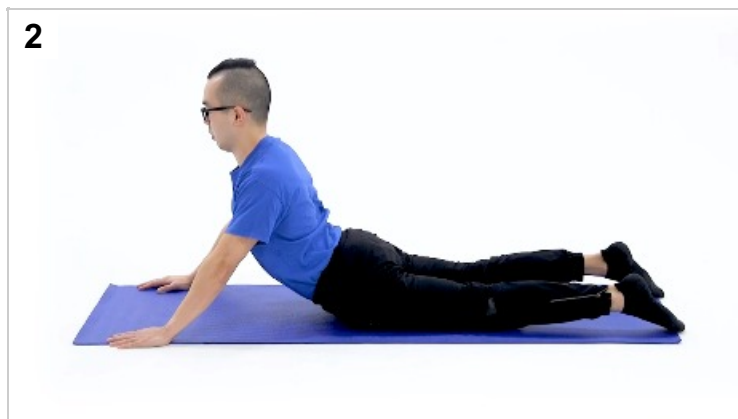
Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

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

Prone Press Up

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

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

Movement

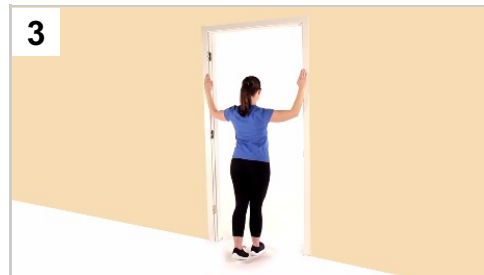
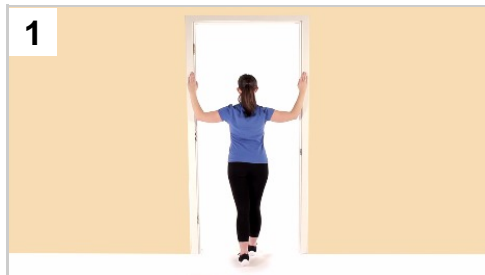
Push against the floor with your hands, bending your back upward.

Tip

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

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

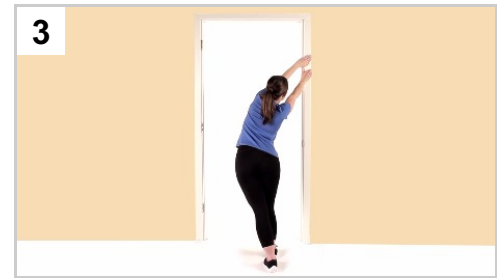
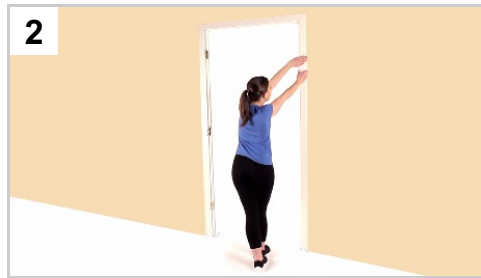
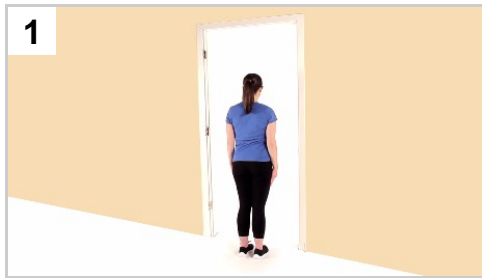
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Standing Quadratus Lumborum Stretch with Doorway

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



Setup

Begin in a standing upright position to the side of a doorframe.

Movement

Cross your outside leg behind the other and hold onto the doorframe, then slowly lean your hips away until you feel a gentle stretch along the side of your body.

Tip

Make sure to maintain a gentle stretch and only move in a comfortable range.

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.

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.

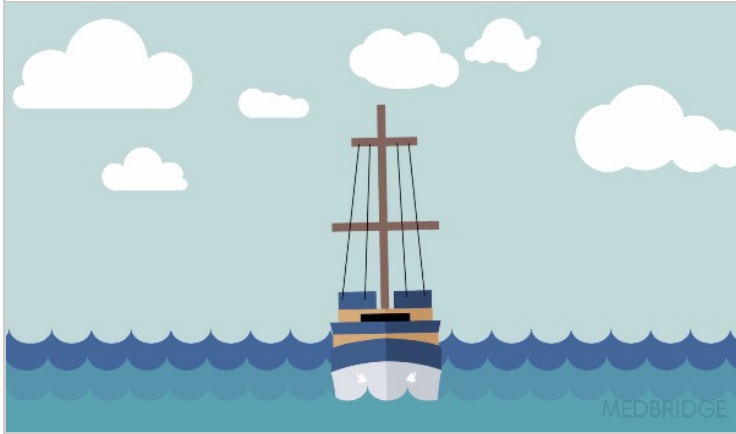
Movement

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.

Low Back Pain



Your spine is like a mast on a ship.



Low impact exercise relieves low back pain.

El dolor lumbar es una afección extremadamente común: aproximadamente el 80 % de los adultos lo experimentan en algún momento de su vida. Afortunadamente, la mayoría de los dolores de espalda desaparecen de cuatro a seis semanas por sí solos con un buen cuidado personal. Su columna es como el mástil de un barco. Los músculos que se adhieren a la columna son las cuerdas que sostienen el mástil y evitan que se doble y se vuelva inestable. Si los músculos que sostienen están débiles o desequilibrados, la columna vertebral experimenta mucho estrés. Al fortalecer estos músculos, usted puede aliviar la presión de la columna y reducir el dolor de espalda. ¡La forma más eficaz de aliviar y prevenir su dolor de espalda es mantenerse activo! Al estirarse, nadar, caminar y practicar otros ejercicios de bajo impacto, está ayudando a mantener los músculos que sostienen la columna vertebral flexibles y fuertes. La causa de la mayoría de los dolores de espalda no se debe a una afección subyacente grave y rara vez son necesarias pruebas de imagen como resonancias magnéticas y radiografías. Si bien los casos graves son poco frecuentes, debe comunicarse con su proveedor de atención médica de inmediato si experimenta síntomas persistentes e inusuales como pérdida de peso inesperada, fiebre, dolor de espalda que dura más de 4 semanas o cambios repentinos en la función de los intestinos y la vejiga. Su proveedor de atención médica le ayudará a decidir cuál es la mejor opción de tratamiento. Recuerde, el dolor lumbar se puede resolver con actividad física diaria y una actitud positiva. ¡Mientras más pronto empiece a moverse, más pronto se sentirá mejor!

Exercise List

Cat-Camel



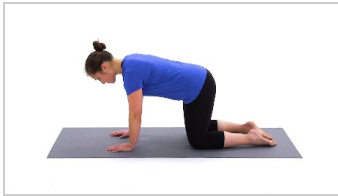
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Lower Trunk Rotation



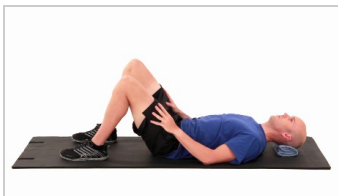
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

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														

Supine Double Knee to Chest Advanced



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

Supine Lumbar Rotation Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 3														
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														

Half Kneeling Hip Flexor 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



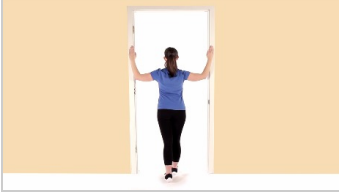
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Prone Press Up



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

Doorway Pec Stretch at 90 Degrees Abduction



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

Standing Quadratus Lumborum Stretch with Doorway



	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														

Supine Bridge



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