



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **PXPJ8MXQ**

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

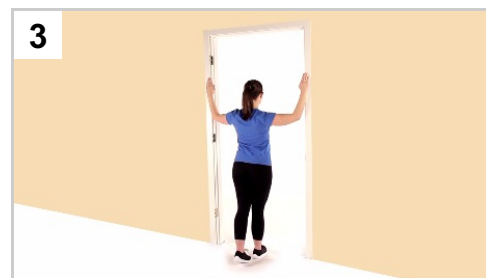
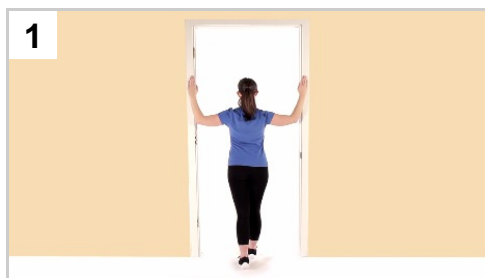
Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

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

Doorway Pec Stretch at 90 Degrees Abduction

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



Setup

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

Movement

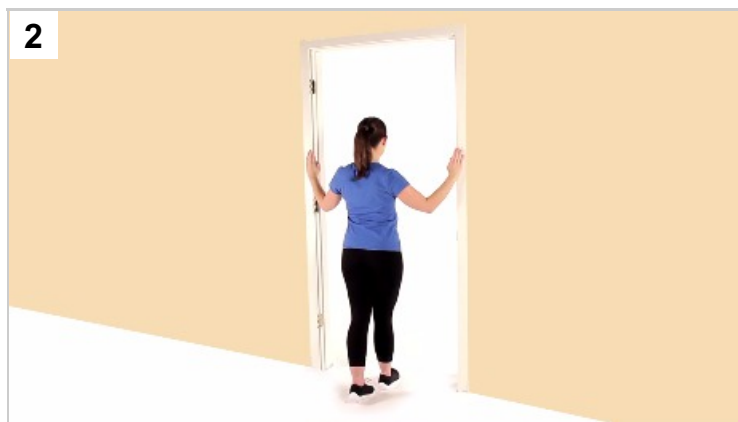
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

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

Doorway Pec Stretch at 60 Elevation

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



Setup

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

Movement

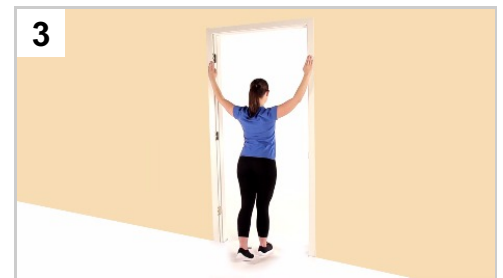
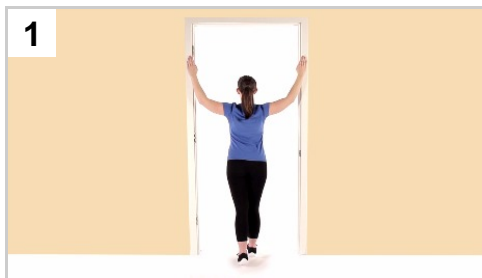
With your elbows bent, place your forearms on the sides of the doorway at roughly a 60 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

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

Doorway Pec Stretch at 120 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	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 hands on the sides of the doorway at roughly a 120 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.

Seated Thoracic Lumbar Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a sitting upright position with your arms crossed over your chest.

Movement

Slowly arch your trunk backwards and hold, then return to an upright position and repeat.

Tip

Keep your movements slow and controlled. Do not move through pain.

Sidelying Thoracic Rotation with Open Book

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



3



Setup

Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement

Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip

Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Standing Lower Cervical and Upper Thoracic Stretch

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



Setup

Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

Make sure not to slouch your lower back during the stretch.

Quadruped Thoracic Rotation - Reach Under

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin on all fours.

Movement

Slowly reach one arm under your trunk, allowing your upper body to rotate toward that side.

Tip

Make sure to keep your hips level during the exercise.

Thoracic Mobilization on Foam Roll

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Lie on your back with a foam roller positioned horizontally across your mid back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor.

Movement

Slowly roll back and forth over the foam roller.

Tip

Do not allow your low back to arch during the exercise.

Supine Chest Stretch on Foam Roll

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

Movement

Slowly move your arms straight out to your sides, then return to the starting position and repeat.

Tip

Make sure your back is laying flat against the foam roll.

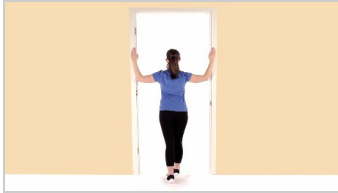
Exercise List

Cat-Camel



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

Doorway Pec Stretch at 90 Degrees Abduction



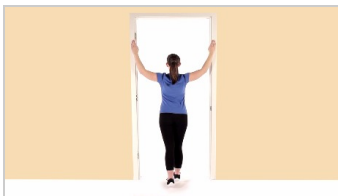
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 60 Elevation



	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 120 Degrees Abduction



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

Seated Thoracic Lumbar Extension



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

Sidelying Thoracic Rotation with Open Book



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

Standing Lower Cervical and Upper Thoracic Stretch



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

Quadruped Thoracic Rotation - Reach Under



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

Thoracic Mobilization on Foam Roll



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

Supine Chest Stretch on Foam Roll



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