



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **9YQJ4NG9**

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.

Quadriceps Stretch with Chair

REPS: 1	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 2-3
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.

Seated Hamstring Stretch

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



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.

Prone Quad Stretch with Strap

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



Do in place of standing quad stretch if able. Replace strap with long bath towel.

Setup

Begin lying on your stomach with a belt or towel around your ankle.

Movement

Pull on the opposite end of the belt to bend your knee until you feel a gentle stretch in the front of your hip and thigh, and hold.

Tip

Make sure to keep your hips and stomach flat and do not arch your back during the stretch.

Supine Hamstring Stretch with Strap

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



Do in place of seated hamstring stretch. Substitute strap for long towel.

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.

Half Kneeling Hip Flexor Stretch

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



Setup

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

Movement

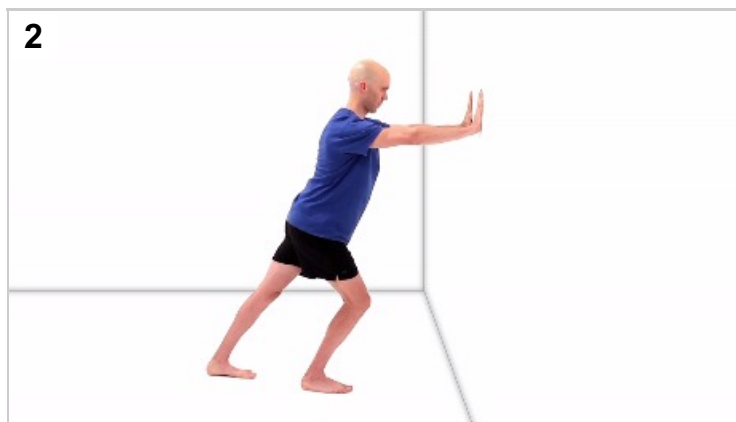
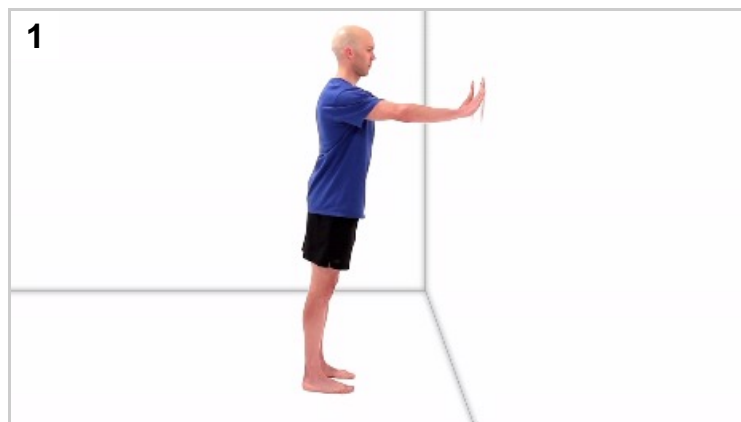
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

Gastroc Stretch on Wall

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



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.

Longsitting Quad Mobilization with Stick

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright on the floor holding a massage stick on top of your thigh.

Movement

Slowly roll the massage stick up and down your leg until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip

Make sure to keep your leg relaxed and use just enough pressure that you feel a stretch, but no pain.

Seated Long Arc Quad

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



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Runner's Climb

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position with one foot on the edge of a step in front of you.

Movement

Drive your opposite knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

Make sure to keep your chest upright and squeeze the gluteal muscles on your stance leg to help maintain your balance.

Backward Step Up

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing in front of a step.

Movement

Slowly step backward onto the step with one foot, then follow with your other foot. Return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

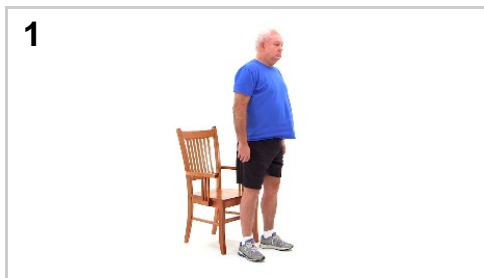
Eccentric Squat

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

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

Movement

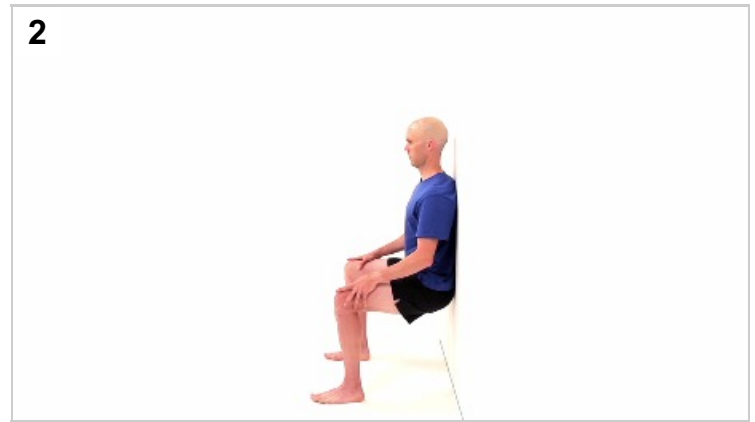
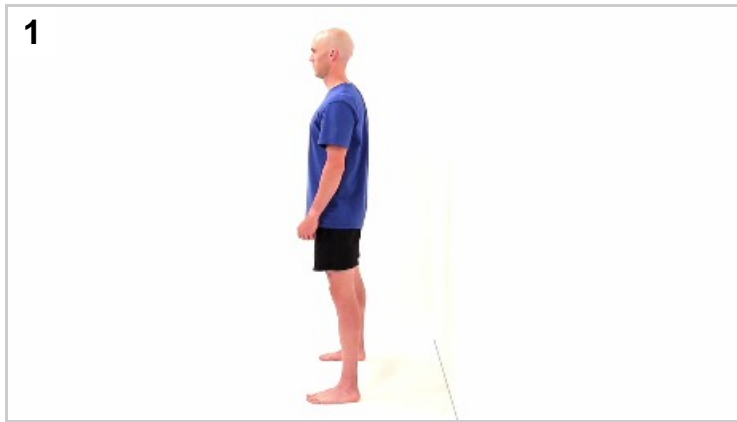
Bending your hips and knees, lower your body to a seated position as slowly as possible. Return to the starting position using the armrests and repeat.

Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward over your toes.

Wall Squat

REPS: 10	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 1-2
WEEKLY: 4-7			



discontinue if knee pain returns.

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

Exercise List

Quadriceps Stretch with Chair



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

Seated Hamstring Stretch



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

Prone Quad Stretch with Strap



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

Supine Hamstring Stretch with Strap



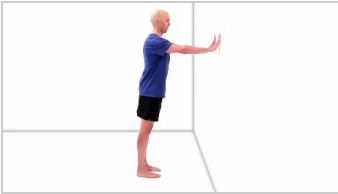
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

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: 2-3														

Gastroc Stretch on Wall



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

Longsitting Quad Mobilization with Stick



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

Seated Long Arc Quad



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

Runner's Climb



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

Backward Step Up



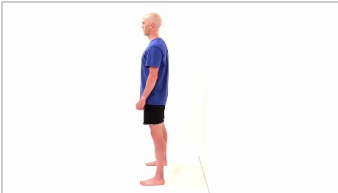
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Eccentric Squat



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

Wall Squat



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