



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Visit

Or

WorkCare.medbridgego.com

Access Code: **VAF8TVFB**

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



Setup

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

Movement

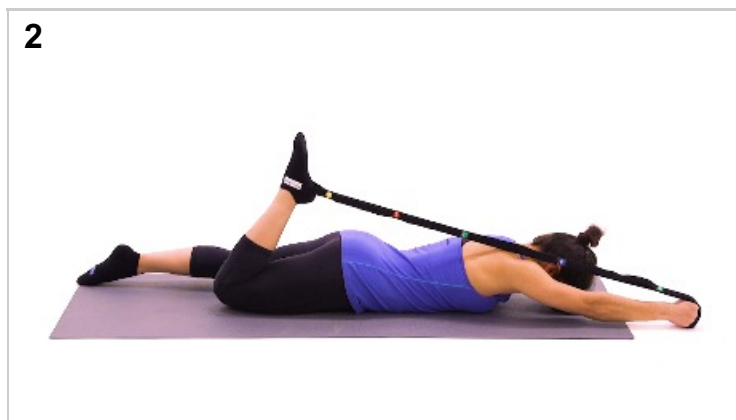
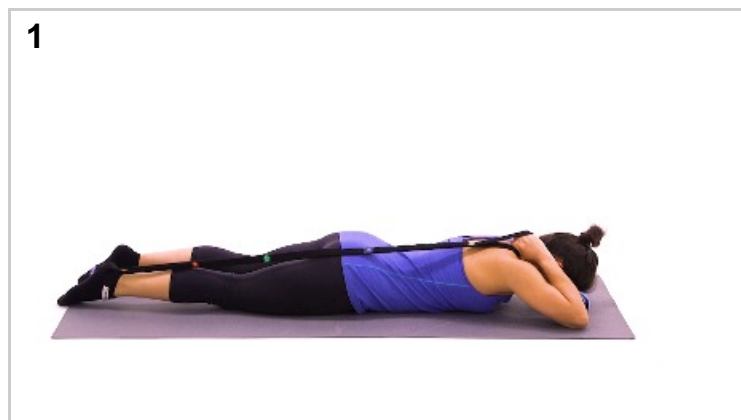
Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Prone Quadriceps Stretch with Strap

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



Setup

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

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

Half Kneeling Hip Flexor Stretch

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

Standing Hamstring Stretch on Chair

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



Setup

Begin in a standing upright position with a chair or step in front of your body.

Movement

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

Make sure to keep your back straight during the stretch.

Supine Quadricep Sets

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Prone Quadriceps Set with Towel Roll

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin lying on your front with your head resting on your hands and one ankle resting on a rolled towel.

Movement

Tighten the muscles in your thigh, straightening your leg, then relax and repeat.

Tip

Make sure not to arch your low back during the exercise.

Active Straight Leg Raise with Quad Set

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin lying on your back with one knee bent and your other leg straight

Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

Squat with Chair Support

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7



Setup

Begin in a standing upright position with your hands resting on the back of a chair in front of you for support.

Movement

Bending at your knees and hips, squat down as far as is comfortable.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knees should not move forward past your toes during the squat.

Step Up

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

Lateral Step Ups

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin standing with a small step or platform at one side.

Movement

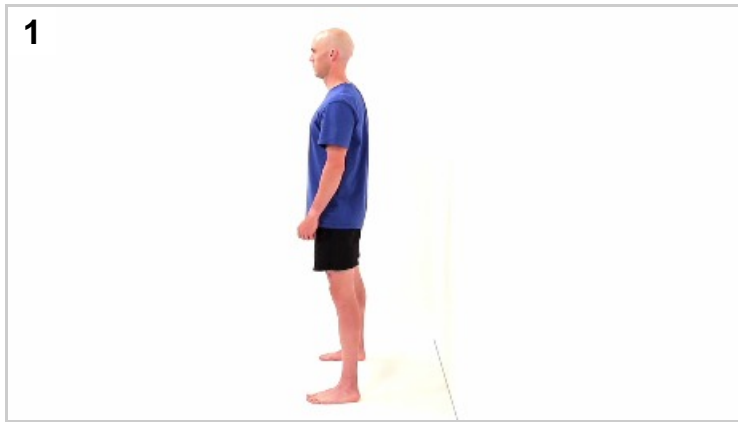
Step up onto the platform with the foot closest to the platform, then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise. Don't let your body twist as you step up.

Wall Squat

REPS: 1	SETS: 1-2	HOLD: 20-60	DAILY: 1-2
WEEKLY: 4-7			



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.

Quadriceps Mobilization with Foam Roll

REPS: 1	SETS: 1-2	DURATION: 45-60SEC	DAILY: 1-2
WEEKLY: 47			



Setup

Begin in a plank position with a foam roll placed directly under your thighs.

Movement

Slowly lift your feet off the floor, then roll back and forth over the foam roll.

Tip

Make sure to keep your thigh muscles relaxed 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: 1-2														
DAILY: 1-2														

Prone Quadriceps Stretch with Strap



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

Half Kneeling Hip Flexor Stretch



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

Standing Hamstring Stretch on Chair



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

Supine Quadricep Sets



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

Prone Quadriceps Set with Towel Roll



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

Active Straight Leg Raise with Quad Set



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

Squat with Chair Support



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

Step Up



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

Lateral Step Ups



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

Wall Squat



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

Quadriceps Mobilization with Foam Roll



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