



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **TWNE6WTR**

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.

Circular Shoulder Pendulum with Table Support

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

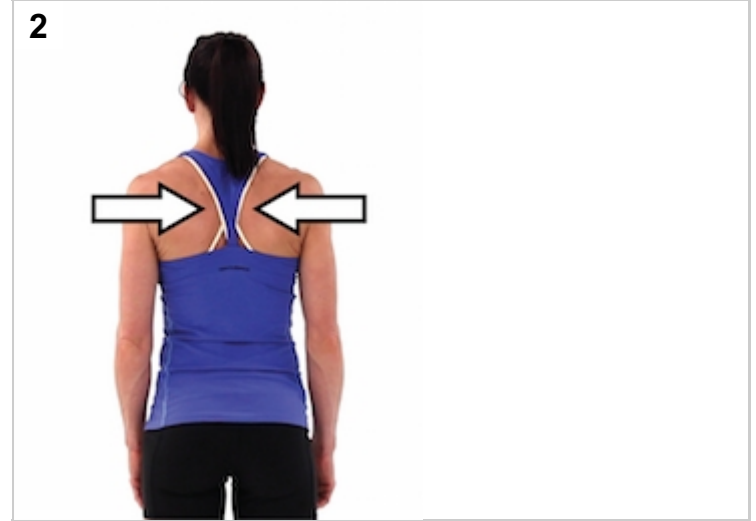
Standing Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Standing Shoulder Posterior Capsule Stretch

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



Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Standing Shoulder Scaption

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



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

Shoulder External Rotation and Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

Shoulder Flexion Wall Walk

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

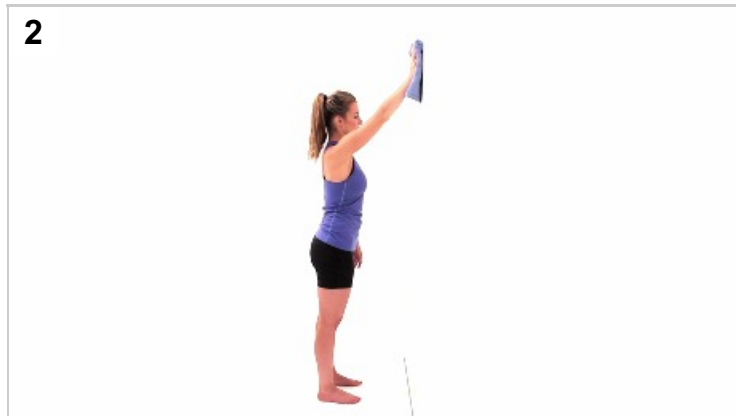
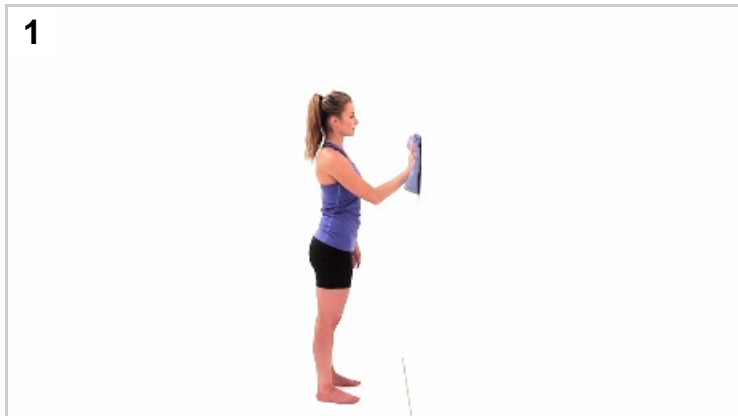
Shoulder Flexion Wall Slide with Towel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position holding a towel against a wall at shoulder height.

Movement

Slowly slide the towel straight up the wall, straightening your elbow. Then lower it back down, and repeat.

Tip

Make sure to keep your back straight during the exercise and only raise your arm as far as you can without causing pain.

Prone Single Arm Shoulder Y

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



Setup

Being lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Prone Shoulder Horizontal Abduction

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



Setup

Begin lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Exercise List

Circular Shoulder Pendulum with Table Support



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

Standing Scapular Retraction



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

Standing Shoulder Posterior Capsule Stretch



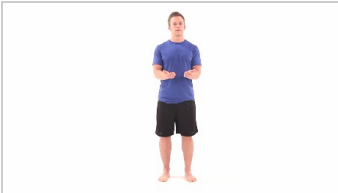
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Standing Shoulder Scaption



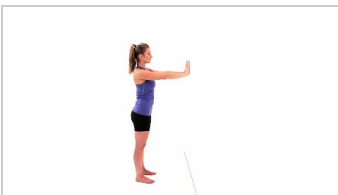
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder External Rotation and Scapular Retraction



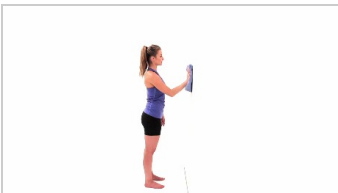
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder Flexion Wall Walk



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

Shoulder Flexion Wall Slide with Towel



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

Prone Single Arm Shoulder Y



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

Prone Shoulder Horizontal Abduction



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