



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

[WorkCare.medbridgego.com](http://WorkCare.medbridgego.com)

Access Code: **PWDQXE37**

## 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.

## Doorway Pec Stretch at 90 Degrees Abduction

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



### Setup

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

### Movement

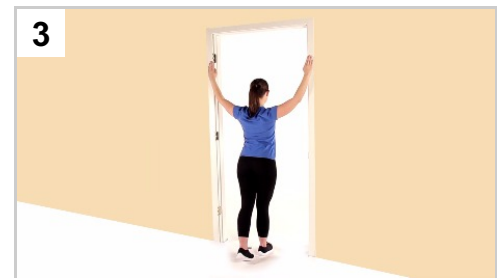
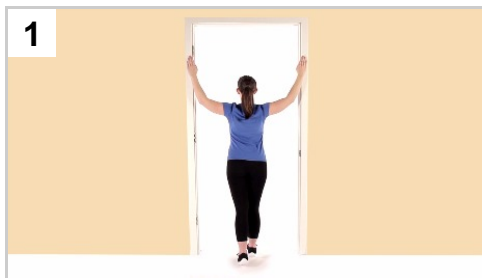
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

### Tip

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

# Doorway Pec Stretch at 120 Degrees Abduction

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

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

## Movement

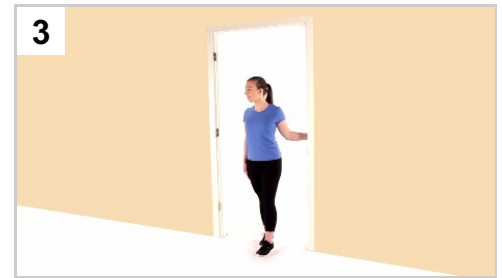
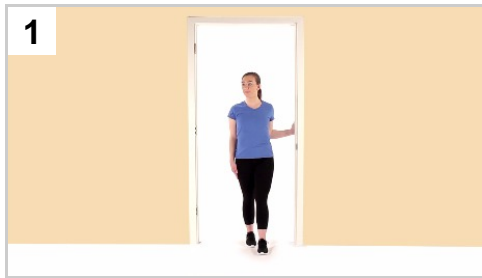
With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

## Tip

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

# Standing Shoulder External Rotation Stretch in Doorway

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



## Setup

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

## Movement

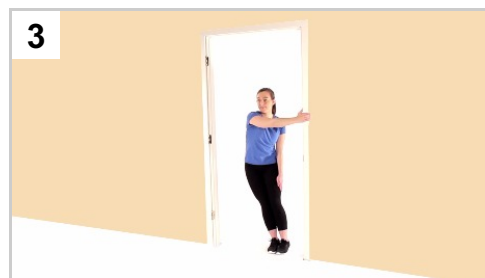
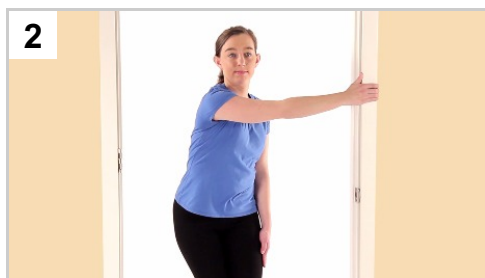
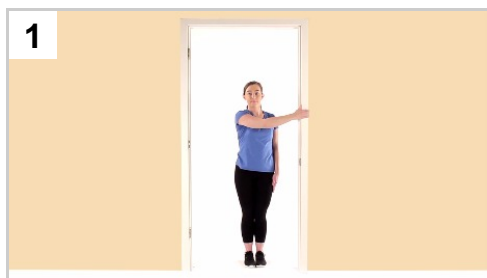
With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

## Tip

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

## Doorway Rhomboid Stretch

<b>REPS: 1</b>	<b>SETS: 2-3</b>	<b>HOLD: 30-60SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4-7</b>			



### Setup

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

### Movement

Hold onto the doorframe across your body at shoulder level with one hand, then slowly lean your body in the opposite direction. Hold, then relax and repeat.

### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder.

# 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.

# Standing Shoulder Flexion to 90 Degrees with Dumbbells

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



## Setup

Begin in a standing upright position holding a dumbbell in each hand.

## Movement

Slowly raise your arms in front of your body, with your elbows straight and thumbs facing forward. Repeat this movement.

## Tip

Make sure not to raise your arms above shoulder height, and try not to arch your back or shrug your shoulders during the exercise.

# Scaption with Dumbbells

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells

## 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 Abduction with Dumbbells - Palms Down

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**

**1**



**2**



## Setup

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand.

## Movement

Keeping your elbows straight, raise both arms directly out to your sides with your palms down, then lower them back down and repeat.

## Tip

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

# Prone Scapular Slide with Shoulder Extension

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

## Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

## Tip

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

# Prone Scapular Retraction Arms at Side

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



## Setup

Begin lying face down with arms resting on the ground straight to your sides.

## Movement

Lift your arms toward the ceiling keeping your elbows straight.

## Tip

Think of squeezing your shoulder blades together as you lift your arms.

# Prone W Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



## Setup

Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

## Movement

Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

## Tip

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

# Prone Scapular Retraction Y

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



## Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

## Movement

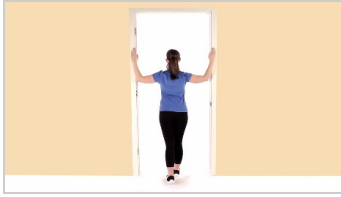
Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

## Tip

Make sure to keep your back relaxed.

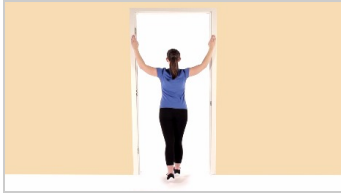
# Exercise List

## Doorway Pec Stretch at 90 Degrees Abduction



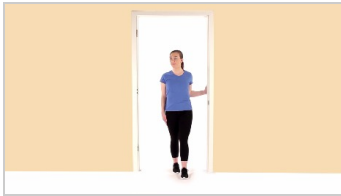
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

## Doorway Pec Stretch at 120 Degrees Abduction



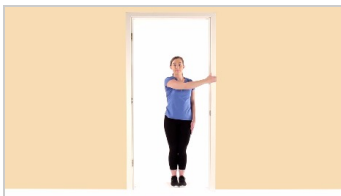
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

## Standing Shoulder External Rotation Stretch in Doorway



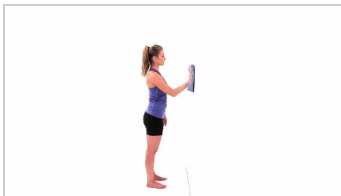
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

## Doorway Rhomboid Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
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														

## Standing Shoulder Flexion to 90 Degrees with Dumbbells



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

## Scaption with Dumbbells



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

## Shoulder Abduction with Dumbbells - Palms Down



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

## Prone Scapular Slide with Shoulder Extension



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

## Prone Scapular Retraction Arms at Side



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

## Prone W Scapular Retraction



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

## Prone Scapular Retraction Y



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