



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

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

Access Code: **6KHKJNWG**

## 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.

## Seated Wrist Flexion 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 sitting upright in a chair.

### Movement

Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

### Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

## Seated Wrist Extension 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 sitting upright in a chair.

### Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

### Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

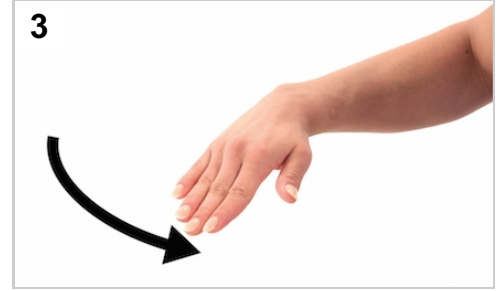
# Wrist AROM Radial Ulnar Deviation

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin this exercise with your wrist in a straight position.

## Movement

Slowly bend your wrist from side to side, keeping your hand flat.

## Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

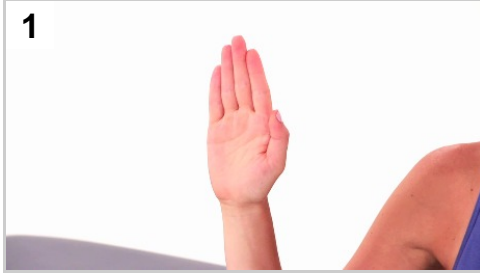
# Wrist Tendon Gliding

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting with your elbow resting on a table and your fingers straight.

## Movement

Bend at your bottom knuckles so your fingers are in a table top position, straighten them, then bend your bottom and middle knuckles, straighten your hand, make a claw fist, straighten your hand, then make a half fist, and straighten your hand again. Repeat these movements.

## Tip

Make sure to keep your wrist straight during the exercise.

# Wrist Extension AROM

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

## Movement

Slowly bend your wrist backward as far as is comfortable, then return to the starting position and repeat.

## Tip

Make sure not to rotate your forearm during this movement.

# Wrist Flexion AROM

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

## Movement

Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

## Tip

Make sure not to rotate your forearm during this movement.

# Seated Eccentric Wrist Flexion with Dumbbell

**REPS: 10**

**SETS: 2-3**

**DAILY: 1**

**WEEKLY: 4-7**



## Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge.

## Movement

Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

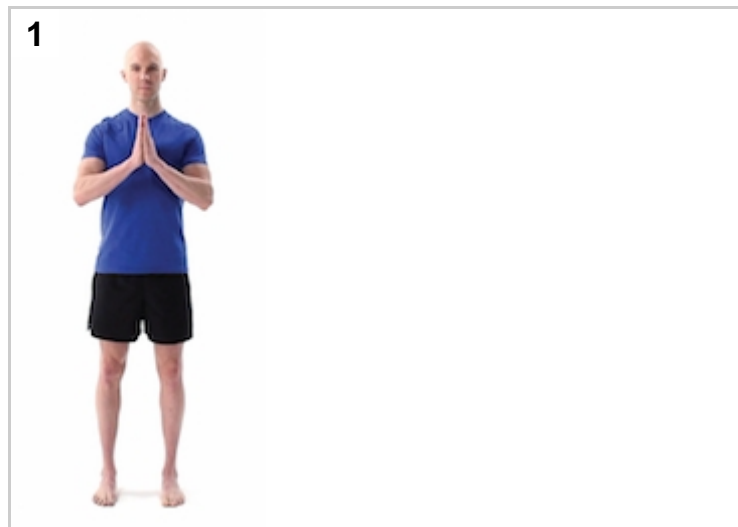
## Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.



# Wrist Prayer 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. Place your hands together with your palms facing inward.

## Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

## Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

# Exercise List

## Seated Wrist Flexion Stretch



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

## Seated Wrist Extension Stretch



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

## Wrist AROM Radial Ulnar Deviation



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

## Wrist Tendon Gliding



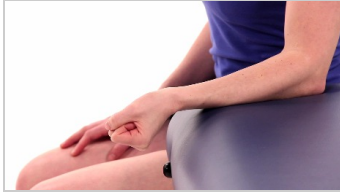
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

## Wrist Extension AROM



	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>														

## Wrist Flexion AROM



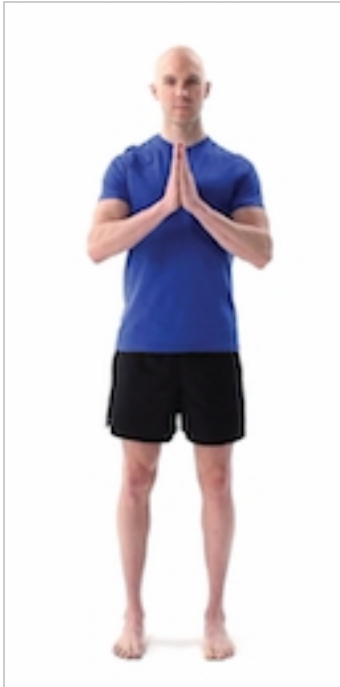
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
<b>REPS: 10</b>														
<b>SETS: 2-3</b>														
<b>DAILY: 1</b>														

## Seated Eccentric Wrist Flexion with Dumbbell



	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>														

## Wrist Prayer Stretch



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