



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **6LMFCZPX**

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

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



Setup

Begin sitting upright in a chair.

Movement

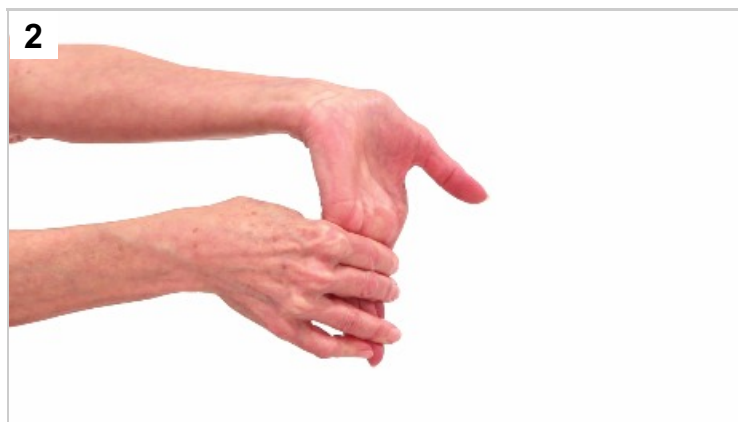
Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

Tip

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

Seated Wrist Extension Stretch

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



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.

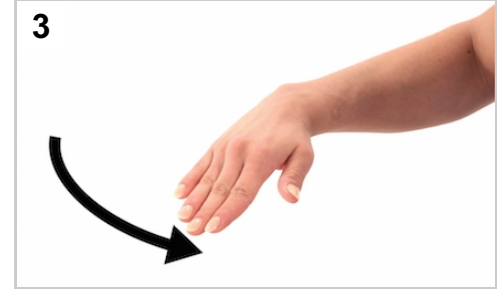
Wrist AROM Radial Ulnar Deviation

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.

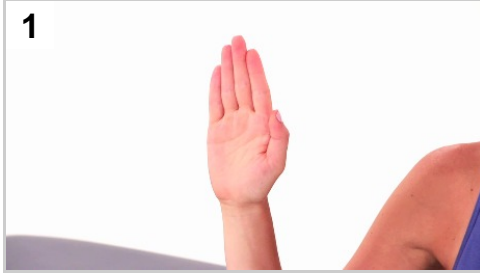
Wrist Tendon Gliding

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 Extension

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, palm face down.

Movement

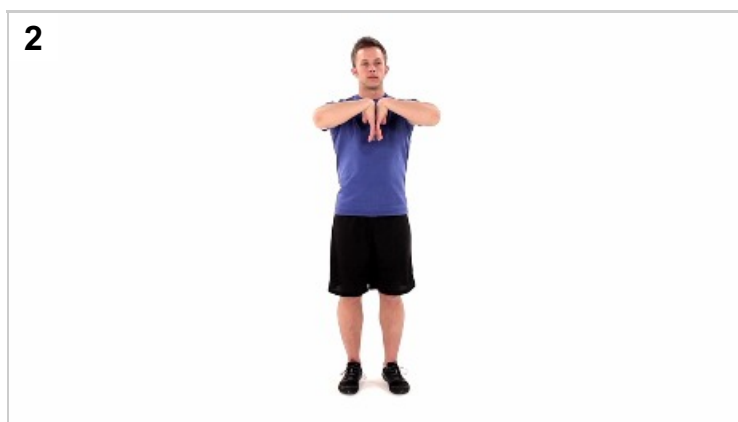
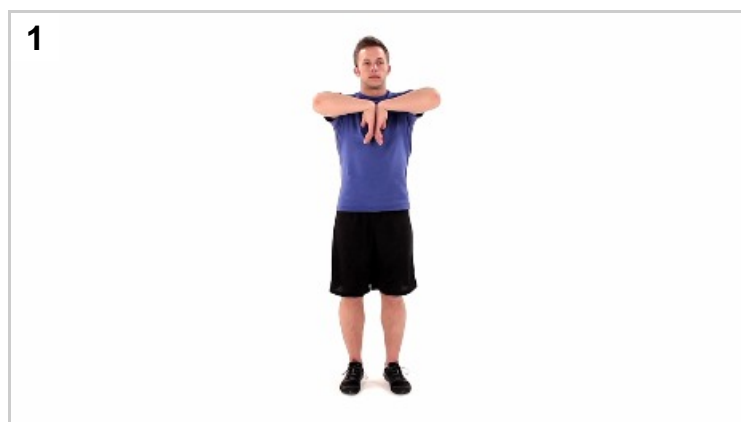
Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

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.

Reverse Prayer Stretch

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



Setup

Begin in a standing upright position.

Movement

Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

Tip

Make sure to only move through a pain-free range of motion.

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



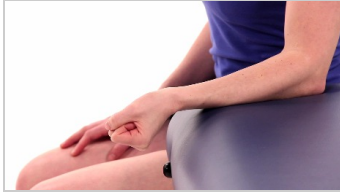
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Extension AROM



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

Wrist Flexion AROM



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

Seated Eccentric Wrist Extension



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

Reverse Prayer Stretch



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