



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

<https://WellSpanHealth.medbridgego.com/>

Access Code: **A9N4RVR6**

Two Ways to Access



Use the MedBridgeGO app

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- ▶ 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.

Standing Shoulder Circumduction

REPS: 10**SETS: 1-2****DAILY: 1****WEEKLY: 7****1****2**

Setup

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

Movement

Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat.

Tip

Make sure to maintain an upright posture during the exercise.

Standing Sidebends

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

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

Movement

Slowly bend your trunk sideways, lowering your arm down your side, then return to the starting position and repeat on your other side.

Tip

Make sure to maintain your balance and do not bend your trunk forward or backward during the exercise.

Standing Thoracic Rotation with Dowel

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position holding a dowel rod across your shoulders.

Movement

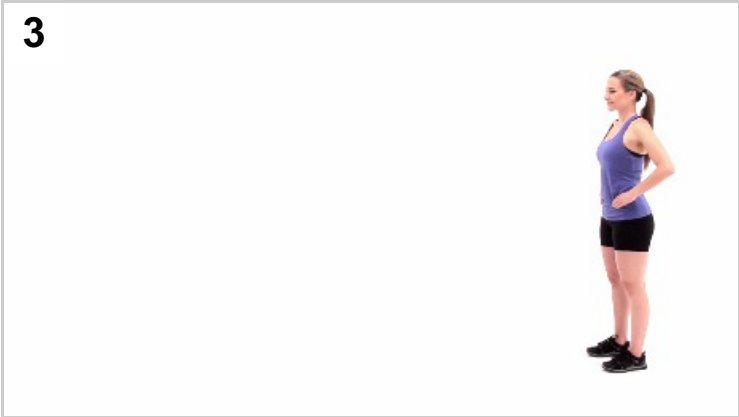
Slowly rotate your trunk to one side, then return to the starting position and repeat to the other side.

Tip

Make sure to maintain an upright position as you rotate your trunk, and do not let your chin jut forward.

Walking Butt Kicks

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin standing in a long, open, and flat area.

Movement

Slowly walk and as you bend your knees, kick your heel toward your buttocks.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Heel Walking

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

Lift your toes off the ground. Keeping your toes raised, walk forward on your heels.

Tip

Make sure to maintain your balance and keep your back straight as you walk.

Toe Walking

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin standing in a long open flat space.

Movement

Lift your heels off the ground and walk forward on your toes.

Tip

Make sure to maintain your balance and keep your back straight as you walk.

Walking with High Knee Taps

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin standing in a long open flat space with your arms down by your sides.

Movement

Lift one leg up to a 90 degree angle and tap that knee with your opposite hand. Repeat with your opposite arm and leg, walking forward.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Walking Forward Lunge

REPS: 10

SETS: 1-2

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin standing upright with your hands at your hips.

Movement

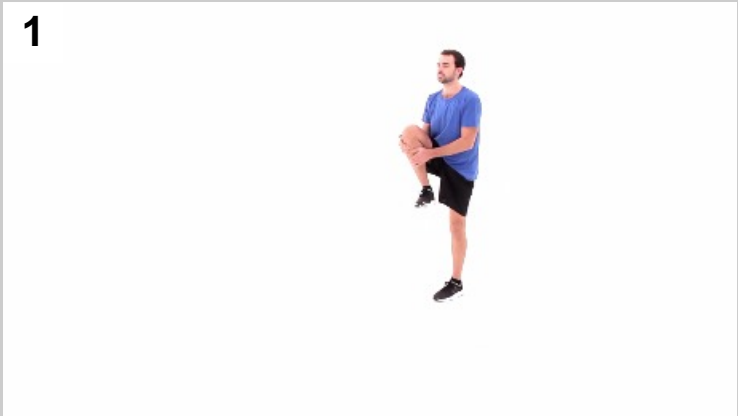
Take a large step forward, lowering into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

Tip

Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.

Single Knee to Chest

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin standing in a long, open, and flat area.

Movement

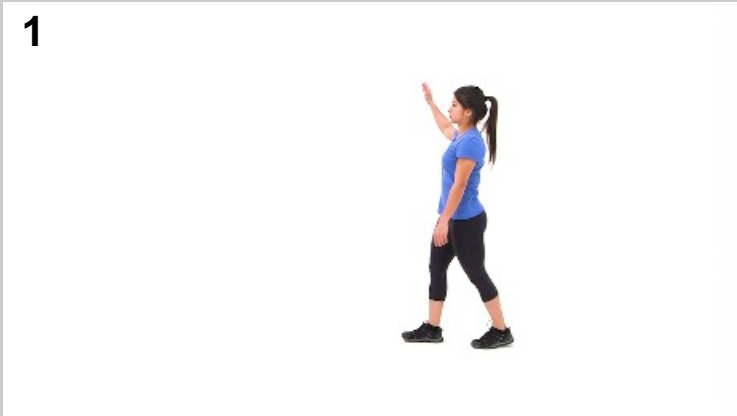
Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

Tip

Make sure to maintain your balance during the exercise.

Dynamic Straight Leg Kicks

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

Mini Squat

REPS: 10	SETS: 1-2	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Standing Calf Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position with a chair in front of you.

Movement

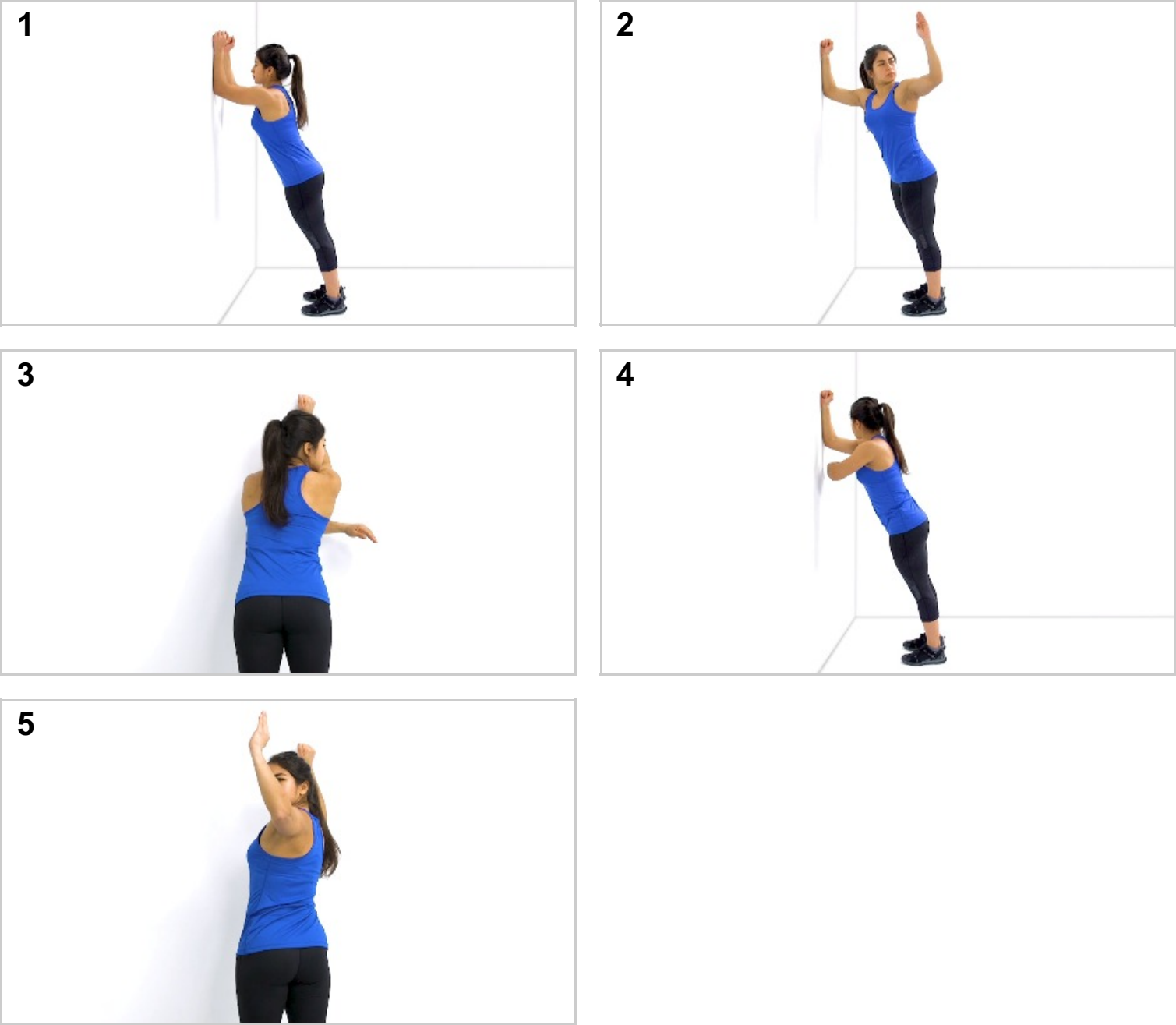
Place your hands on the chair and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Standing with Forearms Thoracic Rotation

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright facing a wall. Place your forearms on the wall at shoulder height and lean against the wall.

Movement

Lift one forearm off the wall, rotating your torso to reach your arm behind you, then underneath your opposite arm, and repeat.

Tip

Make sure to keep your core engaged and do not sink into your supporting shoulder.

Standing Hamstring Stretch with Step

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin standing upright with your heel placed in front of you on a step and your hands resting on your hips.

Movement

Slowly bend forward at your hips until you feel a gentle stretch in the back of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain a slight bend in your stance leg. Avoid bouncing during the stretch.

Standing Hip Flexor Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

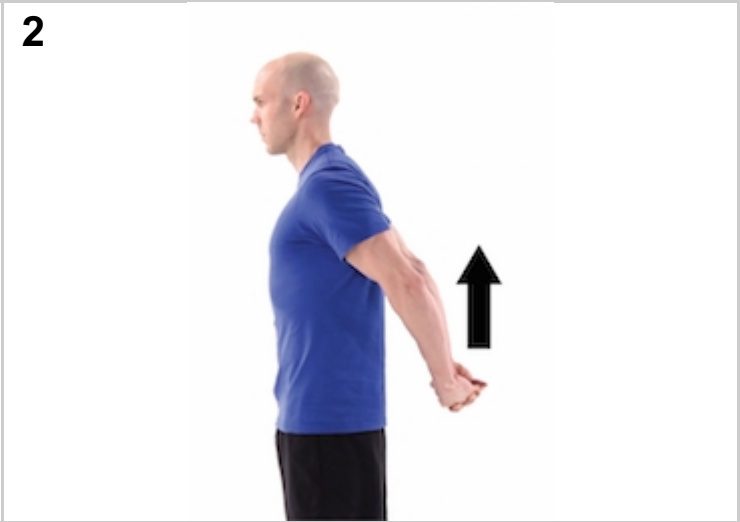
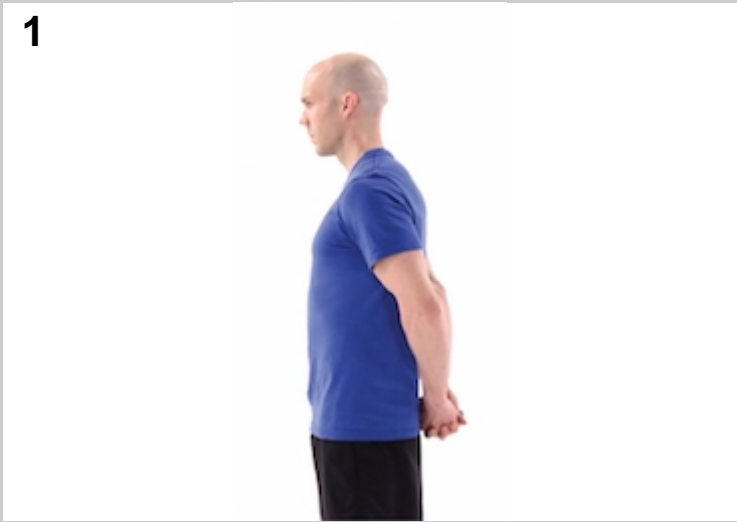
Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

Chest and Bicep Stretch - Arms Behind Back

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

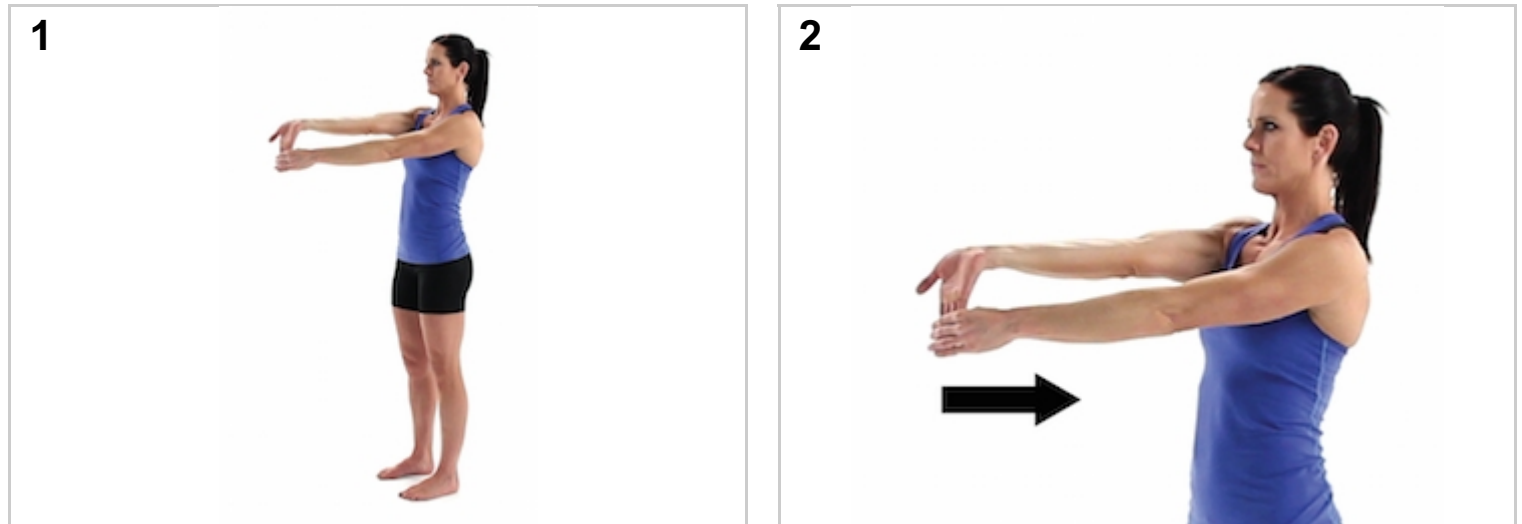
Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

Make sure to keep your back straight during the exercise.

Standing Wrist Extension Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

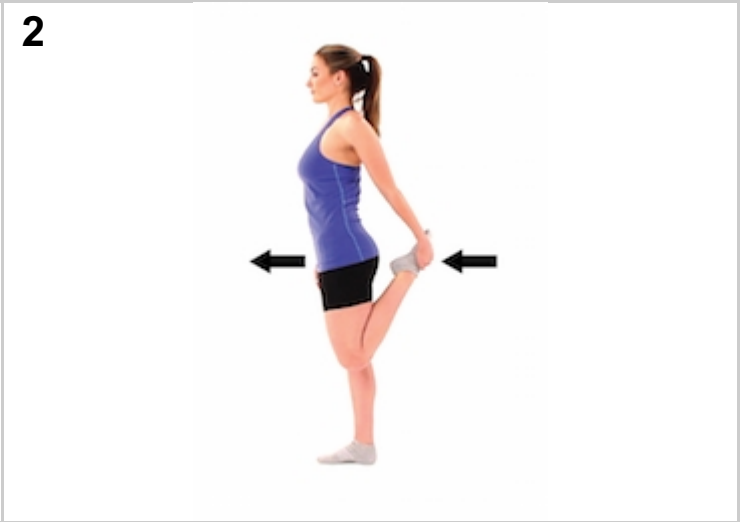
With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Standing Quadriceps Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

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.

Soleus Stretch with Foot at Wall

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position facing a wall.

Movement

Place your hands on the wall, then the toes of one foot on the wall with your heel on the ground and your knee bent, leaning into the wall until you feel a stretch in your calf and hold.

Tip

Make sure to keep your forward knee bent during the exercise.

Standing ITB Stretch

REPS: 1-3

HOLD: 10-30

DAILY: 1

WEEKLY: 7

1



2



3



4



Setup

Begin in a standing upright position with one leg crossed over the other.

Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

Tip

Make sure to avoid twisting or rotating your body during the exercise.

Standing Overhead Triceps Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

Make sure to keep your back straight during the exercise.

Seated Upper Trapezius Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Chest Stretch with Hands Behind Head

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your hands clasped behind your neck.

Movement

Pull your elbows apart and backward until you feel a stretch in the front of your shoulders. Hold, then relax and repeat.

Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the stretch.

Seated Thoracic Lumbar Extension with Pectoralis Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your hands behind your head.

Movement

Slowly arch your back and let your elbows fall out to the sides. You should feel a stretch in your chest. Hold briefly, then return to an upright position and repeat.

Tip

Make sure to keep your movements slow and controlled, and move only within a pain free range of motion.

Seated Mid Back Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair.

Movement

Straighten your arms out in front of you with your elbows straight and fingers interlocked, then slouch your upper back, tuck your head, and pull your arms forward. You should feel a stretch in your mid back.

Tip

Make sure to breathe deeply during the stretch.

Seated Trunk Rotation

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your feet on the floor and your arms crossed and held up in front of your body.

Movement

Turn your head and shoulders as far as you can to one side, then turn all the way back to your opposite side, and repeat.

Tip

Make sure to keep your shoulders relaxed and down during the exercise. Move your head and shoulders as one unit and maintain your balance as you turn.

Seated Wrist Extension Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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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.

Seated Wrist Flexion PROM

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your elbow resting on a table in front of you. Your hand and involved wrist should be straight with your palm facing forward and held by your other hand.

Movement

Use your other hand to bend your involved wrist forward, then slowly return to the starting position and repeat.

Tip

Make sure to keep your arm relaxed during the exercise.

Seated Quadratus Lumborum Stretch in Chair

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair.

Movement

Lean forward with your weight on your forearms. Keeping the weight on one arm, reach across in a diagonal with your opposite arm and hold. Sidebend towards the reaching hand. Repeat with your other arm.

Tip

You should feel a stretch in the low back on the opposite side of your stabilizing arm.

Seated Hip Flexor Stretch

REPS: 1-3	HOLD: 10-30	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair.

Movement

Move to the side of the chair and extend your leg back backward. Gently rock your pelvis forward to feel a stretch in the front of your hip.

Tip

Make sure to maintain good posture and hold onto the chair or another sturdy object for balance.

Seated Hamstring Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Calf Stretch

REPS: 1-3	HOLD: 0-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair.

Movement

Place one leg straight forward, then pull your foot towards your body until you feel a stretch in the back of your lower leg.

Tip

Make sure to keep your back straight during the stretch.

Seated Figure 4 Piriformis Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

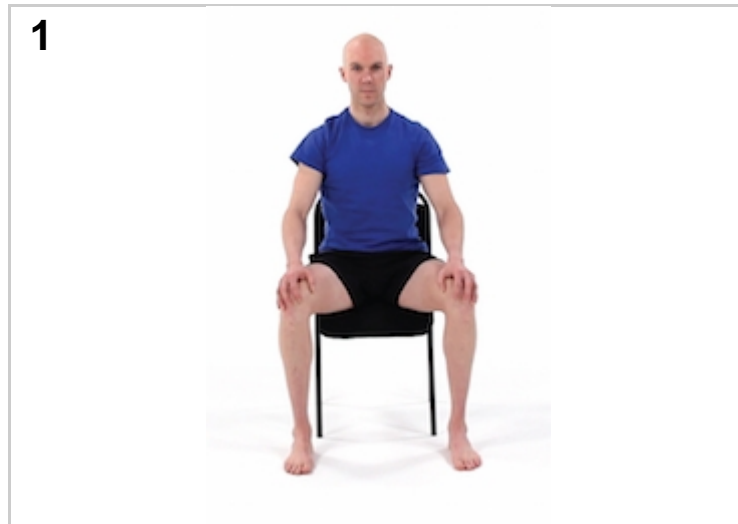
Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and back straight during the exercise.

Seated Lumbar Flexion Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting in a chair with your knees spread apart.

Movement

Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.

Tip

Make sure to keep your movements slow and controlled and do not rise up off the chair when you bend forward.

Seated Plantar Fascia Stretch

REPS: 1-3	HOLD: 10-30S	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

Exercise List

Standing Shoulder Circumduction



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

Standing Sidebends



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

Standing Thoracic Rotation with Dowel



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

Walking Butt Kicks



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

Heel Walking



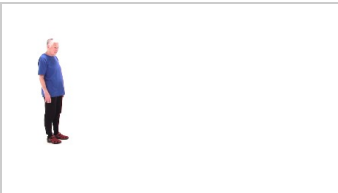
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REPS: 10														
SETS: 1-2														
DAILY: 1														

Toe Walking



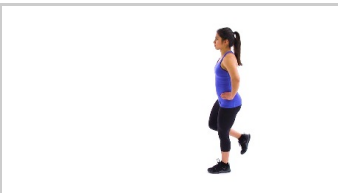
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1														

Walking with High Knee Taps



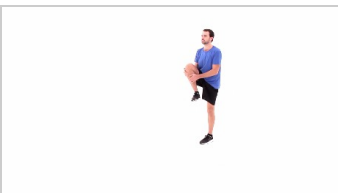
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1														

Walking Forward Lunge



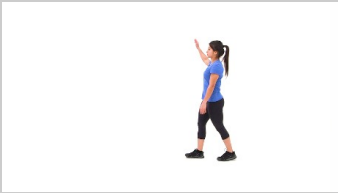
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1														

Single Knee to Chest



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

Dynamic Straight Leg Kicks



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

Mini Squat



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

Standing Calf Stretch



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

Standing with Forearms Thoracic Rotation



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

Standing Hamstring Stretch with Step



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

Standing Hip Flexor Stretch



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

Chest and Bicep Stretch - Arms Behind Back



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

Standing Wrist Extension Stretch



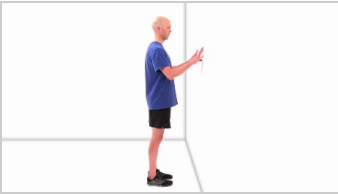
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REPS: 1-3														
SETS:														
DAILY: 1														

Standing Quadriceps Stretch



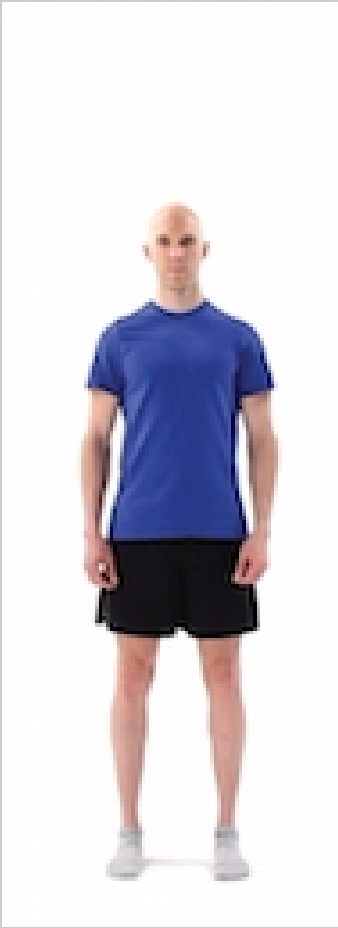
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1-3														
SETS:														
DAILY: 1														

Soleus Stretch with Foot at Wall



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

Standing ITB Stretch



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

Standing Overhead Triceps Stretch



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

Seated Upper Trapezius Stretch



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

Seated Chest Stretch with Hands Behind Head



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

Seated Thoracic Lumbar Extension with Pectoralis Stretch



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

Seated Mid Back Stretch



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

Seated Trunk Rotation



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

Seated Wrist Extension Stretch



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

Seated Wrist Flexion PROM



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

Seated Quadratus Lumborum Stretch in Chair



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

Seated Hip Flexor Stretch



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

Seated Hamstring Stretch



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

Seated Calf Stretch



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

Seated Figure 4 Piriformis Stretch



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

Seated Lumbar Flexion Stretch



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

Seated Plantar Fascia Stretch



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