

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

OAM.medbridgego.com

Access Code: **ZXPLGGKQ**

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.

Supine Ankle Pumps

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



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Gluteal Sets

REPS: 10	SETS: 1	DAILY: 3	WEEKLY: 7
-----------------	----------------	-----------------	------------------



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Heel Slide

REPS: 10

SETS: 1

DAILY: 3

WEEKLY: 7



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Supine Quad Set

REPS: 10

SETS: 1

DAILY: 3

WEEKLY: 7



Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.