

## Home Exercise Program

# Login Instructions

### Login URL

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

### Your Access Code

**ECEDX2RC**

## 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.

## Mini Squat

REPS: 5

SETS: 3

DAILY: 1

WEEKLY: 7



You can use a chair to hold on to for extra support.

### 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.

## Arm Circles

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### 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.

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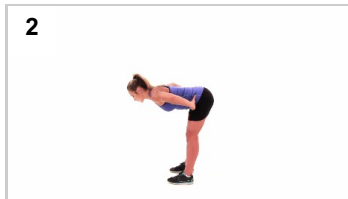
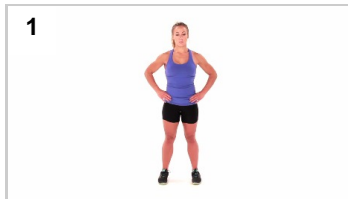
## Standing Hip Hinge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position with your hands on your hips.

### Movement

Slowly bend forward at your hips.

### Tip

Make sure to keep your back and knees straight during the exercise and only bend at your hips.

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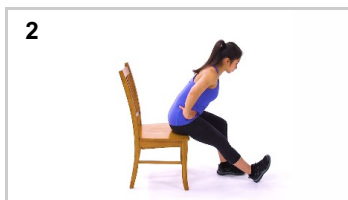
## Seated Hamstring Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### 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.

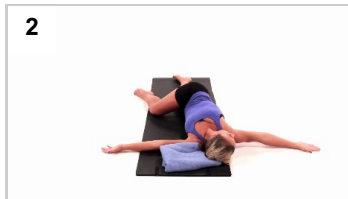
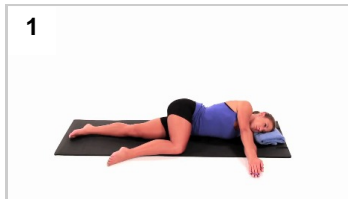
### Tip

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

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## Open Book Stretch

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

### Movement

Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

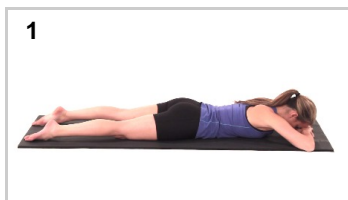
### Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

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## Prone Press Up

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your front.

### Movement

Lift your chest off the ground and position your elbows under your shoulders with your forearms resting on the ground. Hold this position.

### Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck during the exercise.