

Home Exercise Program

## Login Instructions

### Login URL

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

### Your Access Code

**PYGXQVKB**

### 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.

## Ankle Pumps

REPS: 10

SETS: 3

DAILY: 1

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.

## Calf Stretch (with band or towel)

HOLD: 60

DAILY: 1

WEEKLY: 7



### Setup

Begin sitting on the floor (or in bed) with one foot stretched in front of you, your other knee bent, and a towel, strap or band secured around your foot.

### Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

### Tip

Make sure to keep your knee straight during the stretch.

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## Self Massage

<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin sitting in a chair with your foot resting on a small ball or frozen plastic water bottle.

### Movement

Gently roll the middle of your foot forward and backward over the ball or bottle, in between the ball of your foot and your heel.

### Tip

Make sure to use just enough pressure that you feel a stretch but no pain.