



Physical Therapy
Associates™

Home Exercise Program Login Instructions

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Login

To access your Home Exercise Program:

Scan



Or

Visit

pt-associates.medbridgego.com

Access Code: **FWTAKKFC**

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.

STEP 1



STEP 2



Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 5 | SETS: 2 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

Tip

Make sure to keep your back straight during the exercise and maintain your balance.

STEP 1



STEP 2



Kneeling Ankle Dorsiflexion Self-Mobilization with Towel

REPS: 10 | SETS: 2 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a half kneeling position holding both ends of a towel looped around the front, bottom part of your forward leg.

Movement

Pull the towel backward and push your knee forward at the same time. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



Eccentric Heel Lowering on Step

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

Movement

Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

Tip

Make sure to maintain your balance and keep your back straight throughout the exercise.

STEP 1



STEP 2



Standing Isometric Single Leg Heel Raise at Wall

REPS: 5 | SETS: 2 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with your hands resting flat against a wall at shoulder height.

Movement

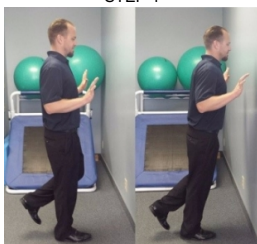
Draw your back leg up toward your chest, bending your knee and raising up onto the ball of your stance foot. Return to the starting position and repeat.

Tip

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

Do not let the heel drop down into a stretch position.

STEP 1



Smooth Criminal

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Stand on one foot facing a wall and while keeping your knee straight.

Movement

Lean your entire body towards the wall, getting as close as possible while still being able to bring yourself back to a neutral position.

Tip

Make sure to keep your movements slow and controlled

Do not cheat by "reaching" with your neck/head or upper trunk.

Ice Massage

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

Setup

Place direct ice from an ice massage cup to your body part. Duration 5 Minutes

Movement

Move the ice in a circular motion for up to 5 minutes (no more). Use towels to catch the water drippings.

Tip

You should feel 4 stages of sensations 1. Uncomfortable sensation of cold 2. Stinging 3. Burning or aching feeling 4. Numbness

If the pain is too great to handle, lift it off your skin for a few seconds, dab with towel and then place it back on for a few circular motions and repeat. ***Do not perform for more than 5 minutes or you may run the risk of frost bite and cause death to the tissue.