



Physical Therapy
Associates™

Home Exercise Program Login Instructions

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Login

To access your Home Exercise Program:

Scan



Visit

Or

pt-associates.medbridgego.com

Access Code: **PPNBCNY6**

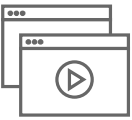
Two Ways to Access



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

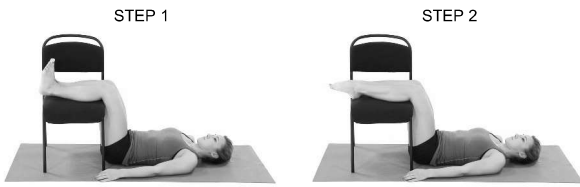
Interactive HD videos guide you with easy to follow instructions.

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 in Elevation

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

Setup

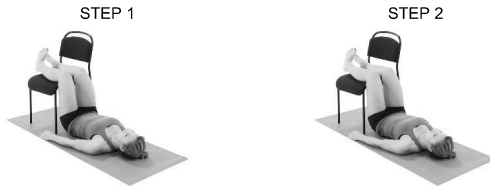
Begin lying on your back with your legs resting on a chair.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your leg relaxed while you move your ankles.
Slow and controlled movement



Ankle Circles in Elevation

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

Setup

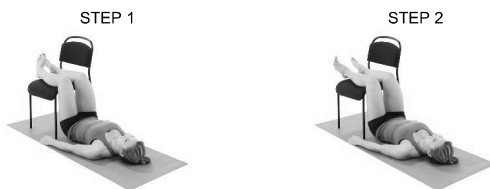
Begin lying on your back with your legs resting on a chair.

Movement

Slowly trace circles with the tip of one foot going counter-clockwise and then clockwise.

Tip

Try to keep the rest of your leg relaxed while you move your ankle.



Ankle Alphabet in Elevation

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

Setup

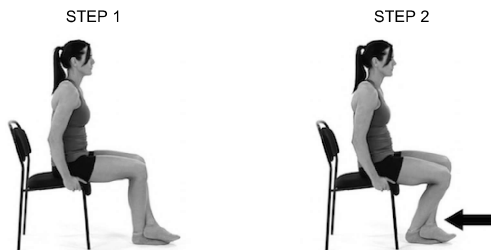
Begin lying on your back with your legs resting on a chair.

Movement

Slowly trace each letter of the alphabet with the tip of one foot.

Tip

Try to keep the rest of your leg relaxed while you move your ankle.



Seated Ankle Dorsiflexion Stretch

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

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart with one foot forward.

Movement

Keeping both feet flat on the floor, move your other foot back until you feel a gentle stretch.

Tip

Make sure to keep your foot on the floor and pointing straight forward.