



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: **L6C63G8G**

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



Single Leg Stance

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Stand on involved leg.

To increase difficulty: - Eyes closed - Balance on a pillow or thick piece of foam - Eyes closed while on pillow or foam. - Balance while throwing ball and catching.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Lateral Step Down

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

Setup

Begin standing tall on the edge of a step.

Movement

Slowly step off and lower your outside leg, lightly touching your foot to the ground. Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

STEP 1



STEP 2



STEP 3



Reverse Lunge on Slider

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

Setup

Begin in a standing upright position with one foot resting on a slider, and the other on the floor.

Movement

Keeping your trunk upright, slide backward while lowering your body toward the ground, then carefully return to the starting position.

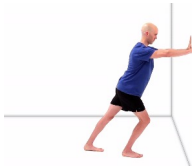
Tip

Make sure not to let either knee collapse inward and keep your trunk steady during the exercise.

STEP 1



STEP 2



Gastroc Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



Soleus Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.