



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: **K9DQAF3J**

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



STEP 3



Standing Bilateral Heel Raise on Step

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

Setup

Begin in a standing upright position next to a chair with a step in front of you.

Movement

Step up onto the step so that your heels are hanging off of the edge, then slowly raise up onto the balls of your feet. Hold briefly, then lower back down and repeat.

Tip

Make sure to maintain an upright posture and maintain your balance during the exercise.

ADVANCE: Single leg heel raise

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

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

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

When you're able to balance on one foot for 60 seconds, try the following variations:

balance with your eyes closed

balance with your arms at your sides

balance standing on an unstable surface, such as a pillow, folded towel, or a balance disc

STEP 1



STEP 2



Single Leg Jumps

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

Setup

Begin in a standing upright position.

Movement

Raise one foot off the ground and begin hopping on your other foot.

Alternate with balance.

Tip

Make sure to land softly, maintain a slight knee bend, and stay balanced during the exercise.

ADVANCE: Small hop on foam >> Flat surface front to back

STEP 1



STEP 2



Single Leg Balance with Opposite Leg Star Reach

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

Setup

Begin standing on one leg.

Movement

Reach your free foot out towards different points on the star.

Tip

Make sure to keep your movements slow and controlled and do not let your stance knee bend forward past your toes. Try to reach as far as you can while keeping your balance.

Start with front/side/back/curtsy