



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: **JLR4X2EF**

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



Supine Lower Trunk Rotation

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

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

STEP 1



STEP 2



Sidelying Open Book Thoracic Lumbar Rotation and Extension

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

Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

Movement

Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

STEP 1



STEP 2



STEP 3



Cat Cow to Child's Pose

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

Setup

Begin on all fours with your arms directly under your shoulders.

Movement

Slowly round your back up toward the ceiling. Then let it sag down toward the floor, an lean your body backward toward your feet, keeping your hands on the ground. Return to the starting position and repeat.

Tip

Keep your movements slow and controlled. Make sure to use your entire back for the motion.

STEP 1



STEP 2



Seated Lumbar Flexion Stretch

SETS: 2 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in a chair with your knees spread apart.

Movement

Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.

Tip

Make sure to keep your movements slow and controlled and do not rise up off the chair when you bend forward.