



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: **N47KMHFQ**

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



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, and lean your body backward toward your feet, keeping your hands on the ground. Return to the starting position and repeat. Hold for 10 sec in each movement.

Tip

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

STEP 1



Prone Gluteal Sets

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

Setup

Begin lying on your front with your forehead resting on a towel roll and both legs straight.

Movement

Gently squeeze your buttock muscles, then relax and repeat.

Tip

Make sure not to arch your low back during the exercise and do not hold your breath as you tighten your muscles.

STEP 1



STEP 2



Supine Posterior Pelvic Tilt

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

Setup

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

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

STEP 1



STEP 2



Supine Single Knee to Chest Stretch

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

Setup

Begin lying on your back with your legs straight.

Movement

TOWEL UNDER L R side of buttocks. With hands behind L R knee, pull slowly pull knee toward your chest until you feel a gentle stretch in your lower back.

Push into hands with leg.

Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

Video does not match description.