



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](http://pt-associates.medbridgego.com)

Access Code: **6YM8GDZZ**

### 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 March

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

#### Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

#### Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

#### Tip

Make sure to keep your trunk stable during the exercise and do not let your low back arch.

STEP 1



STEP 2



### Plank on Knees

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

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Prone Hip Extension

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

#### Setup

Begin by lying on your stomach with both legs stretched straight behind you.

#### Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

#### Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



### Quadruped Hip Abduction and External Rotation

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

#### Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

#### Movement

Lift your leg up. Keeping your feet close together, turn your knee out to your side. Return to the starting position and repeat.

#### Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.