



Physical Therapy
Associates™

Home Exercise Program Login Instructions

Prepared By: Madeline Holman
Address: 2507 E 27th Ave
Spokane, 99223

Login

To access your Home Exercise Program:

Scan



Visit

Or

pt-associates.medbridgego.com

Access Code: **77ZX8JLY**

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



Arch Lifting

REPS: 2 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered standing position with your front knee slightly bent and your back knee straight.

Movement

Try to lift up the arch of your foot while keeping your toes and heel in contact with the ground.

Tip

Make sure to avoid gripping with your toes. A slight weight shift to the outside of your foot is normal.

STEP 1



STEP 2



STEP 3



Toe Yoga - Alternating Great Toe and Lesser Toe Extension

REPS: 2 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair with your feet resting flat on the floor. Remove the shoe on your affected foot.

Movement

Lift your big toe straight up, keeping your other toes flat on the ground. Then, keeping your big toe on the ground, lift your four smaller toes up into the air. Pause, then return to the starting position. Repeat.

Tip

Make sure to keep the muscles in the arch of your foot active during the exercise. Make sure not to dig your toes into the ground to complete the motion.

STEP 1



STEP 2



STEP 3



Toe Spreading

REPS: 2 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart, looking down at your feet.

Movement

Gently spread your toes apart to cause the arch of your foot to rise away from the ground.

Tip

Make sure to keep your foot in contact with the ground.

STEP 1



STEP 2



Kneeling Ankle Dorsiflexion Self-Mobilization with Towel

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

Setup

Begin in a half kneeling position holding both ends of a towel looped around the front, bottom part of your forward leg.

Movement

Pull the towel backward and push your knee forward at the same time. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise.