



Physical Therapy
Associates™

Home Exercise Program Login Instructions

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Login

To access your Home Exercise Program:

Scan



Visit

Or

pt-associates.medbridgego.com

Access Code: **QC49GJ29**

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



Sidelying IT Band Foam Roll Mobilization

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

Make sure to keep your back straight throughout the exercise.

STEP 1



STEP 2



STEP 3



Supine ITB Stretch with Strap

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

Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

Movement

Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

Tip

Keep your shoulders and hips on the ground during the stretch.

STEP 1



STEP 2



Cross-Legged IT Band Stretch

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

Setup

Begin sitting upright on the floor with your legs bent to one side.

Movement

Cross your top leg over your opposite knee, then hug your knee to your chest, and hold.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Low Back Stretch with TRX®

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

Setup

Begin in a standing upright position with your feet hip width apart and your arms straight, holding a TRX® handle in each hand at shoulder height.

Movement

Slowly lower your body into a squat position and shift your hips backward keeping tension in the straps, until you feel a gentle stretch in your back, and hold.

Tip

Make sure to maintain your balance and keep your upper body relaxed during the stretch.

Can also use door frame or counter

STEP 1



STEP 2



Standing Hamstring Stretch on Chair

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

Setup

Begin in a standing upright position with a chair or step in front of your body.

Movement

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

Make sure to keep your back straight during the stretch.