



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: **4NZATLML**

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 Hamstring Stretch with Strap

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

Level 1

Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Can use towel, belt, rope, strap, jump rope.

STEP 1



STEP 2



Standing Hamstring Stretch on Chair

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

Level 2

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.

STEP 1



STEP 2



Seated Table Hamstring Stretch

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

Level 3

Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



STEP 3



Standing Hip Flexor Stretch

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

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



Supine Figure 4 Piriformis Stretch

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

Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.

STEP 1



STEP 2



Quadriceps Stretch with Table

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

Setup

Begin in a standing position in front of a table, with one leg bent, your foot resting on the table, and your knee pointing toward the floor.

Movement

Gently push your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure that your knee stays pointing toward the floor and not out to the side. Avoid arching your back during the stretch.