



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: **66DCXPPP**

### 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



### Standard Plank

**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 and legs 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



### Child's Pose Stretch

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

#### Setup

Begin on all fours.

#### Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

#### Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

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.

STEP 1



STEP 2



### V Sit Hip Adductor Hamstring Stretch

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

#### Setup

Begin sitting on the floor with your legs out in a V shape.

#### Movement

Lean forward, hinging at your hips, until you feel a stretch in the back and inside of your legs. Hold this position.

#### Tip

Make sure to keep your back straight during the stretch.

Laying on floor with legs against the wall.

STEP 1



STEP 2



### Supine Lower Trunk Rotation

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

#### Setup

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

#### Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

#### Tip

Make sure that your back and shoulders stay in contact with the floor.