



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

Access Code: **RM9ZGD6W**

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.



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.



Sidelying ITB Stretch off Table

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

Setup

Begin lying on your side at the edge of a table or bed with your bottom knee bent and your top knee straight.

Movement

Slowly lower your top leg down toward the floor off the edge of the table. You should feel a stretch on the outside of your leg.

Tip

Try to keep your toes from rotating up toward the ceiling as you stretch. Make sure not to arch your back.



Standing ITB Stretch

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

Setup

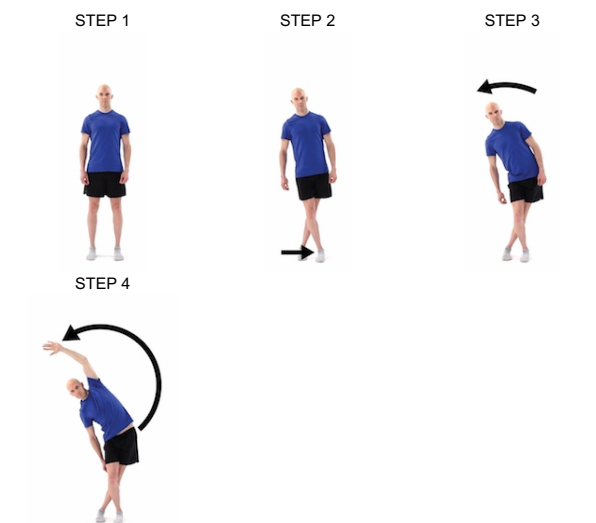
Begin in a standing upright position. Cross one foot in front of the other.

Movement

Slowly fold forward and reach towards the instep of your back foot until you feel a stretch in the side of your upper leg. Hold this position.

Tip

Make sure to maintain your balance during the stretch.



Standing ITB Stretch

SETS: 2 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one leg crossed over the other.

Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

Tip

Make sure to avoid twisting or rotating your body during the exercise.