



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: **8XRDKEJQ**

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



Seated Plantar Fascia Mobilization with Small Ball

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

Setup

Begin sitting in a chair with your foot resting on a small ball.

Movement

Gently roll the middle of your foot forward and backward over the ball, in between the ball of your foot and your heel.

Tip

Make sure to use just enough pressure that you feel a stretch but no pain.

STEP 1



STEP 2



Seated Plantar Fascia Stretch

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

Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

STEP 1



STEP 2



Towel Scrunches

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered standing position with your forward foot resting on a flat towel, and the knee slightly bent.

Movement

Keep your back knee straight. Use your toes to scrunch up the towel.

Tip

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

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.



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.