



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: **F7MLJNB7**

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



Soleus Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



Gastroc Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2



Standing Ankle Dorsiflexion Stretch

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

With a ruler up to the wall, place your big toe (barefoot) starting at 3" away from the wall. Keeping your foot STRAIGHT, and making sure your heel stays DOWN, see if you can tap your knee to the wall without the heel coming up. If you can successfully do this, you have the minimum range of motion requirement for running (3" is roughly 35 degree). Normal is 4-5". If the heel comes up before the knee touches the wall, move the foot closer to the wall until you can successfully tap knee to the wall keeping your heel down. Write down this measurement as a baseline for improvement.

Tip

Make sure to keep your front heel flat on the ground and do not bend your knee inward or outward during the stretch.

STEP 1



STEP 2



Seated Ankle Inversion Eversion PROM

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

Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the ball of your foot and the other should be around your heel.

Movement

Using just your hands, slowly rotate your foot inward and outward.

Tip

Make sure to keep your ankle relaxed as you move your foot.

STEP 1



Single Leg Stance

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

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side. When you're able to balance on one foot for 60 seconds, try the following variations:
balance with your eyes closed
balance with your arms at your sides
balance standing on an unstable surface, such as a pillow, folded towel, or a balance disc

STEP 1



STEP 2



STEP 3



Heel Toe Raises with Counter Support

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

Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed. Make sure not to lean back when lifting toes.
To increase difficulty, perform on stair.

STEP 1



4 Way ankle

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

-Sit on the table with legs extended and feet/ankles hanging off end. Using a resistance band, perform following movements with steady resistance:

-Plantarflexion: hold resistance band and slightly pull foot towards themselves, flexing the foot upward.

-Dorsiflexion: hold resistance band while pulling down on the foot, flexing the foot downward.

-Inversion: hold resistance band while pulling foot out to side, stabilizing the leg.

-Eversion: hold resistance band while pulling inward on foot, keeping the leg stable.

-Condition and Functionality: Relieves ankle pain. -Muscles: Peroneals, gastrocnemius, soleus.