



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: **Z6D9FCY2**

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



Child's Pose Stretch

SETS: 2 | HOLD: 30 | 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



Open Book Chest Rotation Stretch on Foam 1/2 Roll

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

Setup

Begin lying on your back with your knees bent and a foam half roll vertically under the center of your back.

Movement

With your elbows bent, slowly move your arms away from your body toward the floor. You should feel a stretch across the front of your chest.

Tip

Make sure to only move your arms to an angle at which you can lie comfortably, and avoid arching your back.

STEP 1



STEP 2



STEP 3



Standing Shoulder Internal Rotation Stretch with Towel

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

Perform in both directions, pulling downward

Setup

Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

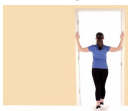
Movement

Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

Tip

Make sure to keep your back straight during the exercise.

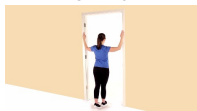
STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

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

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Shoulder and Trunk Flexion at Table

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

Setup

Begin in a standing upright position with your hands resting on a table.

Movement

Slowly walk backward and bend forward at your hips, keeping your hands on the table and arms straight. Stop when you feel a stretch in your shoulders, then return to the starting position and repeat.

Tip

Make sure to only move in a pain-free range of motion during the exercise.

STEP 1



STEP 2



Seated Gentle Upper Trapezius Stretch

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

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Turn your head toward the side with your straight arm, then bend your neck sideways to your opposite shoulder. You should feel a stretch in the side of your neck and upper back.

Tip

Make sure to keep your back straight during the exercise.