



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: **MEXAEWR3**

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 Upper Trap Stretch

REPS: 5 | SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Place one hand behind your back, then tilt your head to the opposite side until you feel a stretch in your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward during the stretch.

Gently pull your head towards the opposite side with the help of your other arm.

STEP 1



STEP 2



STEP 3



Seated Levator Scapulae Stretch

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

Setup

Begin in a sitting position. Place one hand behind your back and your other hand on your head.

Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Lower Cervical and Upper Thoracic Stretch

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

Setup

Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

Make sure not to slouch your lower back during the stretch.