

PTWorks LLC

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

<https://www.medbridgego.com/>

Access Code: **D794Z329**

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.

Sit to Stand

REPS: 10

SETS: 2

DAILY: 1



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

Forward Step Up

REPS: 10

SETS: 2

DAILY: 1

1



2



Setup

Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

Movement

Step forward onto the step with one foot, then step up with your other foot. Step back down to the ground in the reverse order.

Tip

Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

Kettlebell Carry

REPS: 10

SETS: 2

DAILY: 1



Setup

Begin in a standing upright position with a kettlebell on the floor beside your foot.

Movement

Lower yourself, bending at the hips and knees. Grasp the kettlebell, then push up with your heels back to standing. Maintaining an upright posture, walk forward.

Tip

Make sure to maintain good posture as you carry the kettlebell, and do not shrug your shoulders during the exercise.

Table Push-Up

REPS: 10

SETS: 2

DAILY: 1



Setup

Begin standing upright facing a table. Place both hands on the table and take a few steps back with your feet. Get into a standing plank position with your hands under your shoulders. Make a straight line with your body and adjust as needed.

Movement

Bend your elbows, pressing your chest toward the table. Then straighten your elbows, pressing your chest away from the table. Hold for 3-4 seconds. Repeat.

Tip

Do not do this activity if you feel light-headed or dizzy. Make sure to keep your head and neck in a neutral position. Keep your shoulders relaxed and down throughout the exercise. Engage your core muscles. Do not arch your back.

Single Leg Stance with Support

REPS: 10

SETS: 2

HOLD: 10 SEC

DAILY: 1

1



2



Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift one foot off the floor and hold this position.

Switch to the other leg

Tip

Make sure to maintain your balance during the exercise.

Seated Cat Cow Stretch

REPS: 10

SETS: 2

DAILY: 1

1



2



Setup

Begin sitting upright with your hands on your knees.

Movement

Slowly round your back towards the back of your chair, then arch your back and bring your belly out. Repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.