

# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

**Scan**



Or

**Visit**

**AtikokanHospital.medbridgego.com**

Access Code: **GXVKFN8A**

## 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.

## Clinician Notes

This handout contains general exercises for daily desk stretches. No stretches should cause sharp, shooting or intense pain. Aching, stretching or discomfort may be present but should reduce over time as stretches are completed daily.

Your physician may recommend specific exercises within this program based on your diagnosis/condition.

It is likely helpful to split these stretches out throughout your day. It is recommend doing at least one-three stretches every time you take a break-- before or after your get up and walk around.

STEP 1



STEP 2



### Standing 'L' Stretch at Counter

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

#### Setup

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

#### Movement

Step your feet backward, allowing enough space for you to hinge forward at your hips and reach your arms overhead until you feel a stretch in your shoulders and your back. You may also feel the stretch in the back of your legs. Hold this position.

#### Tip

Make sure to keep your movements slow and controlled and only move in a pain free range of motion.

STEP 1



STEP 2



### Standing Lean Away Doorway Stretch

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

#### Setup

Begin in a standing upright position facing a doorway with your feet together.

#### Movement

Hold onto the doorframe with both hands and slowly let your hips fall backward, rounding your shoulders, until you feel a gentle stretch in your back. Hold this position.

#### Tip

Make sure to maintain a gentle stretch and only move in a comfortable range.

STEP 1



STEP 2



### Seated Passive Cervical Retraction

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

#### Setup

Begin sitting in an upright position.

#### Movement

Place two fingers on your chin and gently push your chin directly backward, then repeat.

#### Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



### Seated Cervical Sidebending Stretch

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

#### Setup

Begin sitting in an upright position.

#### Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

#### Tip

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

STEP 1



STEP 2



### Standing Lower Cervical and Upper Thoracic Stretch

REPS: 10 | SETS: 1 | DAILY: 3 | 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.

STEP 1



STEP 2



### Seated Upper Trapezius Stretch

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

#### Setup

Begin sitting upright in a chair.

#### Movement

Reach your hand toward the floor, then slowly sidebend your head to the opposite side and hold.

#### Tip

Make sure to keep gently reaching your hand toward the floor during the stretch.

STEP 1



STEP 2



### Doorway Pec Stretch at 60 Elevation

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

#### Setup

Setup Directions

#### Movement

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

#### Tip

With your elbows bent, place your forearms on the sides of the doorway at roughly a 60 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.

STEP 1



STEP 2



### Chest and Bicep Stretch - Arms Behind Back

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

#### Setup

Begin in a standing upright position.

#### Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Wrist Flexion Stretch

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

#### Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

#### Movement

With your other hand, bend your wrist downward until you feel a stretch.

#### Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

STEP 1



STEP 2



### Standing Wrist Extension Stretch

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

#### Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

#### Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

#### Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

STEP 1



STEP 2



### Reverse Prayer Stretch

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

#### Setup

Begin in a standing upright position.

#### Movement

Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

#### Tip

Make sure to only move through a pain-free range of motion.