

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

AtikokanHospital.medbridgego.com

Access Code: **K7VX8WEE**

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 full body exercises for well-being and fitness. No exercises should cause sharp, shooting or intense pain. Aching, stretching or discomfort may be present but should reduce over time as exercises are completed daily.

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

STEP 1



STEP 2



Seated Scapular Retraction

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

Setup

Begin sitting upright in a chair.

Movement

Gently squeeze your shoulder blades together, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Supine Bridge

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

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Supine Bilateral Shoulder Protraction

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

Setup

Begin lying on your back with your arms straight up in the air.

Movement

Keeping your arms straight, gently punch your arms toward the ceiling. Return to the starting position and repeat.

Tip

Your back and neck should remain on the floor.

STEP 1



STEP 2



Sidelying Diagonal Hip Abduction

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

Setup

Begin lying on your side with your bottom knee bent.

Movement

Lift your top leg forward, then extend it up and backward. Lower it down and forward, then repeat.

Tip

Make sure to keep your abdominals tight, and do not let your hips rotate forward or backward during the exercise.

STEP 1



STEP 2



Step Up

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

Setup

Begin standing tall on a step.

Movement

Slowly step off and lower one leg behind the step, lightly touching your foot to the ground. Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

STEP 1



STEP 2



Standing Marching

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

Setup

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

Movement

Lift one knee up to waist height, then slowly lower it back down and repeat with your other leg. Continue alternating between each leg.

Tip

Make sure to keep your back straight and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Repeated Hip Adduction with Resistance

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

Setup

Begin standing upright with a resistance band looped around one ankle and anchored on your same side.

Movement

Pull your leg inward across your other leg repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Single Arm Elbow Flexion with Resistance

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

Setup

Begin in a standing upright position with a resistance band looped under one foot and held in your hand on the same side.

Movement

With your palm facing up, bend your elbow and bring your hand toward your shoulder, then slowly lower it back down and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



STEP 3



Seated Elbow Extension with Self-Anchored Resistance

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

Setup

Begin sitting upright, holding the ends of a resistance band, using one hand as an anchor in front of your chest.

Movement

Slowly straighten your other arm, pulling down against the resistance, then return to the starting position and repeat.

Tip

Make sure to keep your wrist straight and your shoulder relaxed during the exercise.

STEP 1



STEP 2



Seated Eccentric Abdominal Lean Back

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

Setup

Begin sitting upright in a chair. Scoot forward so there is some space between your body and the back of the chair.

Movement

Slowly lean your trunk backward as far as you can without touching the back of the chair. Sit up, then repeat.

Tip

Make sure to keep your abdominals tight, back straight, and feet on the ground as you lean backward.

STEP 1



STEP 2



STEP 3



Sit to Stand with Armchair

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

Setup

Begin sitting upright with your feet flat on the ground and your hands on the armrests of the chair.

Movement

Lean your torso forward so your head is over your toes, then press into your feet and hands to stand up. Slowly sit back down using the armrests for support and repeat.

Tip

Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.