

# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

[AtikokanHospital.medbridgego.com](https://AtikokanHospital.medbridgego.com)

Access Code: **T9YYTBHA**

## 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 Piriformis Syndrome. 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



### Supine Figure 4 Piriformis Stretch

**SETS: 1 | HOLD: 90S | DAILY: 2 | WEEKLY: 7**

#### Setup

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.

#### Movement

Pull your leg towards your chest until you feel a stretch and hold.

#### Tip

Make sure to keep your back flat against the bed during the stretch.

STEP 1



STEP 2



### Seated Hamstring Stretch

**REPS: 1 | SETS: 1 | HOLD: 90S | DAILY: 2 | WEEKLY: 7**

#### Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

#### Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

#### Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



### Standing Gastroc Stretch at Counter

**REPS: 1 | SETS: 1 | HOLD: 90S | DAILY: 2 | WEEKLY: 7**

#### Setup

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

#### Movement

Step one leg straight backward, bending your front leg until you feel a stretch in the calf of your back leg and hold.

#### Tip

Make sure to keep your heels on the ground and your back leg straight during the stretch.

STEP 1



STEP 2



### Supine Sciatic Nerve Glide

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

#### Setup

Begin lying on your back with your knees bent and feet flat on the floor. Grasp one leg behind your thigh and straighten that knee.

#### Movement

Bend your foot down toward your body, then away toward the ceiling, keeping your leg straight. Repeat this movement.

#### Tip

Make sure to keep your low back flat on the floor during the exercise.

STEP 1



STEP 2



### Prone Hip External Rotation AROM

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

**Setup**

Begin lying on your stomach one knee bent at a 90 degree angle.

**Movement**

Slowly rotate your bent leg downward until your hip starts to rise off the ground.

**Tip**

Make sure to keep your trunk stiff during the exercise.

STEP 1



STEP 2



### Standing Hip External Rotation at Wall

REPS: 8 | SETS: 2 | HOLD: 10S | DAILY: 1 | WEEKLY: 5

**Setup**

Begin standing next to a wall with your hip and knee bent at a 90 degree angle and the outside of your leg against the wall.

**Movement**

Rotate your lower leg inward, keeping your knee bent. Bring it back to the starting position and repeat.

**Tip**

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



### Supine Hip Internal Rotation

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

**Setup**

Begin lying on the ground with a foam roller between your knees. Lift your legs off the ground to a 90 degree angle.

**Movement**

Slowly spread your feet apart, gently squeezing the roll with your knees. Return to the starting position and repeat.

**Tip**

Make sure to keep your back flat against the ground during the exercise.

STEP 1



STEP 2



### Prone Hip Extension with Bent Knee

REPS: 8 | SETS: 2 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

**Setup**

Begin lying face down with one of your knees bent at 90 degrees.

**Movement**

Slowly lift your leg toward the ceiling, raising your hip off the ground but keeping your knee bent.

**Tip**

Make sure to not let your low back arch or bend to the side during the exercise.