

# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

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

Access Code: **RMAZ2GNW**

## 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 Medial Epicondylitis. 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. PHASE 1- Rest and stretch. Avoid painful activities. Do not force stretch, as this may cause pain. Hold stretch and move slowly deeper into stretch. When you are mostly pain free during stretching you can move onto phase 2 of program; 60-80% reduction in pain.

Contrast heat/ice packs are helpful to reduce inflammation.

A counterforce brace may be helpful during this phase, as it may make daily activities less painful. You can purchase a counterforce brace from the AGH Rehab Department or online (Amazon etc).

PHASE 2- Phase two should be completed for 4-6 weeks progressing in repetitions and weight.



### Wrist Pronation Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7**

Phase 1

#### Setup

Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

#### Movement

Using your supportive hand, slowly turn your palm downward until you feel a stretch, and hold.

#### Tip

Make sure to keep your wrist straight during the exercise.



### Seated Wrist Supination Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7**

Phase 1

#### Setup

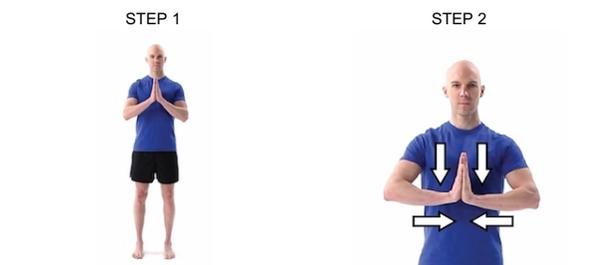
Begin in an upright sitting position. Rest one forearm on a table or surface next to your body with your thumb up. Gently grasp this hand with your other hand.

#### Movement

Using your supportive hand, slowly turn your palm outward until a stretch is felt and hold.

#### Tip

Make sure to keep your wrist straight during this exercise.



### Wrist Prayer Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7**

Phase 1

#### Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

#### Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

#### Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

STEP 1



STEP 2



### Reverse Prayer Stretch

**REPS: 10 | SETS: 3 | HOLD: 15 | DAILY: 1 | WEEKLY: 7**

Phase 1

#### 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.

STEP 1



STEP 2



### Seated Wrist Extension with Dumbbell

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

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

#### Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

#### Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

#### Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



### Seated Wrist Flexion with Dumbbell

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

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

#### Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

#### Movement

Curl your wrist towards your body, then slowly return to the starting position.

#### Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



### Seated Wrist Radial Deviation with Dumbbell

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

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

#### Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

#### Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

#### Tip

Make sure to keep your fist facing the middle of your body.



### Standing Single Arm Eccentric Bicep Curl Pronated then Supinated

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

Phase 2. You can use a hammer or soup can if you do not own weights. Light weights recommended.

**Setup**

Begin in a standing upright position holding a dumbbell in one hand.

**Movement**

Turn your hand so your palm is facing backward, then bend your elbow bringing your hand up to your shoulder. Rotate your hand so your palm is facing toward you, then slowly lower it back down, and repeat.

**Tip**

Make sure to keep your back straight and do not shrug your shoulder during the exercise.



### Towel Roll Squeeze

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

Phase 2

**Setup**

Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

**Movement**

Gently squeeze the towel with your hand.

**Tip**

Make sure to keep your forearm and wrist still.



### Resisted Finger Extension and Thumb Abduction

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

Phase 2

**Setup**

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

**Movement**

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

**Tip**

Make sure to keep your fingers and wrist as straight as you can during this exercise.

## Contrast Bath



**A contrast bath involves alternating between baths of warm and cold water.**

After an injury, your doctor or therapist may recommend a contrast bath to help decrease pain and swelling. A contrast bath involves alternating between baths of warm and cold water. Your blood vessels become wider in the warm water and become narrower in the cold water. This creates a pumping motion that increases blood flow to an injured area. This helps decrease pain and inflammation, and can help your injury heal.

To perform a contrast bath:

- Fill two tubs or buckets with water so they are each about two-thirds of the way full.
  - Fill one bucket with warm water (95-110 degrees F)
  - Fill the other bucket with cold water (50-70 degrees F)
- Before you begin, test the temperature of the water in each bucket with a thermometer.
- Soak the injured area in the warm water for 3-4 minutes. Use a timer to keep track of the time.
- Next, soak the injured area in the cold water for about 1 minute. Again, use a timer to keep track.
- After 1 minute, switch back to the warm water. Continue alternating between the warm and cold buckets in this manner for about 20-30 minutes, or as directed by your healthcare provider. Make sure to end the contrast bath in the warm water, unless directed otherwise.

Contrast baths can be used for injuries to your hand, foot, elbow, or any other area that will fit in a water bucket.

Talk to your healthcare provider before performing a contrast bath, especially if you have:

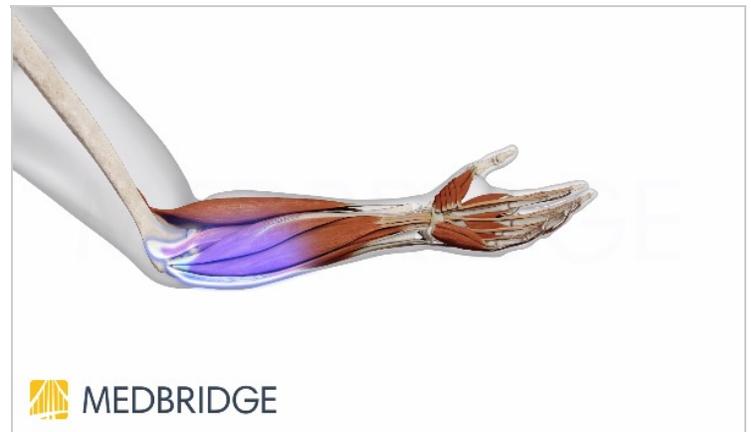
- Poor blood flow
- Peripheral vascular disease
- High blood pressure
- Numb areas, infections, open wounds, or other skin conditions

If you have any questions about contrast baths, please contact your healthcare provider.

## Golfer's Elbow



**Inside of Left Elbow: Normal Muscles**



**Inside of Left Elbow: Affected Tendons**

Golfer's Elbow (medial epicondylitis) is a common overuse injury that causes pain on the inside of your elbow. Muscles in the forearm that bend and rotate the wrist towards you attach at the inside of your elbow. These muscles, together called the flexor pronator group, allow you to curl your fingers and bend your wrist for gripping.

Repeated use of the forearm muscles can cause inflammation or irritation to the attachment at the inside of the muscles. Overuse can occur during certain sport activities including golf, racquet sports, bowling, and throwing.

Aching and tenderness over the inside of the elbow is common with Golfer's Elbow. Symptoms often worsen with activities such as shaking hands, grasping an item, playing sports, or opening a jar.

Therapy can help you modify your work and sport activities. Equipment, training, and technique advice can help you recover and avoid reinjury. You will also learn a home program for gradual strengthening and stretching of the wrist flexors. You may be instructed in the use of a wrist brace or taping of the arm.