

USAF

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

www.medbridgego.com

Access Code: **T9P4A4E6**

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.

Long Sitting Ankle Eversion with Resistance

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Long Sitting Ankle Inversion with Resistance

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

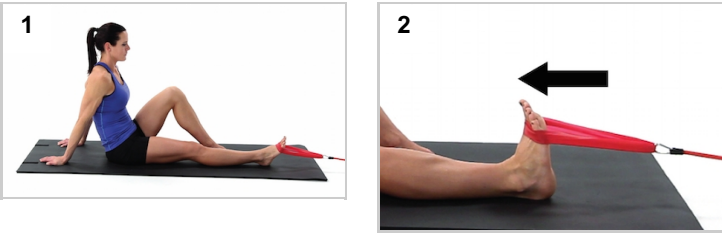
Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

Long Sitting Eccentric Ankle Plantar Flexion with Resistance

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin sitting upright on the floor with your legs straight in front of you, a resistance band wrapped around your foot, and a towel roll underneath your ankle.

Movement

Point your toes away from you, keeping the band slack, then pull back on the band and slowly move your foot back toward you. Repeat.

Tip

Make sure to control the movement and do not rotate your foot to either side.

Standing Heel Raise

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

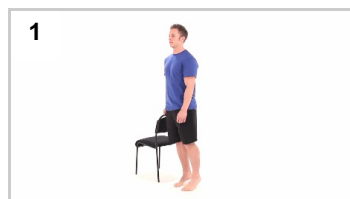
Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

Standing Eccentric Heel Raise

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin in a standing upright position, holding onto a chair for support, with both feet on the ground.

Movement

Raise up onto your toes. Lift one leg off the floor, then slowly lower your heel to the floor. Repeat this motion.

Tip

Make sure that the single leg lowering movement is performed slowly. Try not to let your knee bend as you lower your heel.

Standing Single Leg Heel Raise

REPS: 10-20	SETS: 3	WEEKLY: 3-5
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Setup

Begin in a standing upright position.

Movement

Lift one foot off the ground to balance on your other foot. When you are balanced, slowly raise your heel off the ground, then lower it back down and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your ankle rotate to either side.

Single Leg Stance

SETS: 3	HOLD: 30-60SEC	WEEKLY: 3-5
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Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

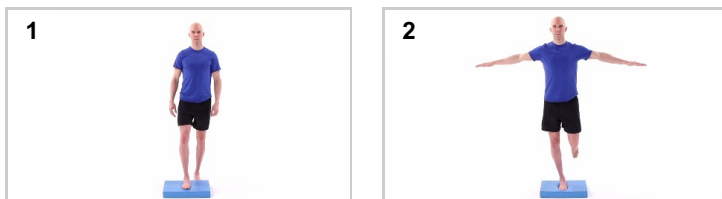
Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

Single Leg Balance on Foam Pad

SETS: 3	HOLD: 30-60SEC	WEEKLY: 3-5
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Setup

Begin in a standing upright position on a foam surface with your arms resting at your sides.

Movement

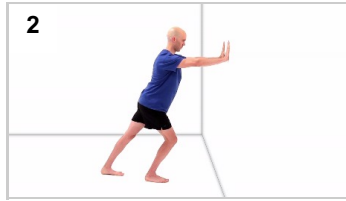
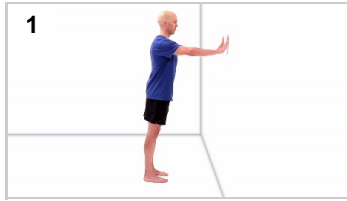
Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

Tip

Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.

Gastroc Stretch on Wall

SETS: 3	HOLD: 1-2MIN	DAILY: 1	WEEKLY: 7
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Setup

Setup Directions

Movement

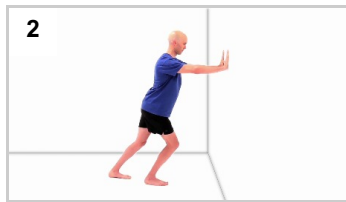
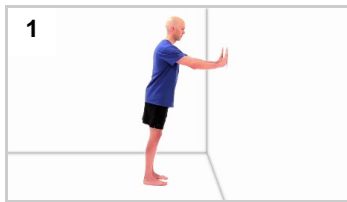
Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Soleus Stretch on Wall

SETS: 3	HOLD: 1-2MIN	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.