

USAF

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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Or

Visit

www.medbridgego.com

Access Code: **MY37KG38**

Two Ways to Access



Use the MedBridgeGO app

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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.

STEP 1



STEP 2

**Single Leg Bridge with Ground Touches****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement

Tighten your abdominals, straighten one leg, keeping it in line with the other, and lift your hips off the floor into a bridge position. Then lower your hips to the ground and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your hips rotate to either side. Use your thumbs to monitor the movement of your hips.

STEP 1



STEP 2

**Side Stepping with Resistance at Ankles****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2

**Squat with Chair Touch and Resistance Loop****REPS: 8-12 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin in a standing upright position in front of a chair with a resistance loop around your knees.

Movement

Lower yourself into a squatting position as you press your knees slightly outward against the resistance band until you lightly touch the chair. Then return to standing and repeat.

Tip

Make sure to keep tension in the resistance band and do not let your knees bend forward past your toes during the exercise.

STEP 1



STEP 2

**Single Leg Squat with Chair Touch****REPS: 8-12 | SETS: 3 | WEEKLY: 3-5****Setup**

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

Movement

Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

STEP 1



STEP 2



Single Leg Balance on Foam Pad

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

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.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch with Chair

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

Setup

Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

Movement

Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

Tip

Make sure to stay upright and keep your buttocks tight.

STEP 1



STEP 2



Seated Table Hamstring Stretch

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

Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



Supine Figure 4 Piriformis Stretch

SETS: 1 | HOLD: 1-2MIN | DAILY: 3 | 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.