

USAF

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

www.medbridgego.com

Access Code: **FEABB3JV**

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.

STEP 1



STEP 2



Supine Transversus Abdominis Bracing - Hands on Stomach

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

Tip

Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

STEP 1



STEP 2



Standing Transverse Abdominis Contraction

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin standing with your hand on your hips and finger resting on your lower abdominal muscles.

Movement

Slowly draw your navel in toward your spine, bracing your deep abdominal muscles. Hold, then relax and repeat.

Tip

Make sure to stand tall throughout the exercise. Avoid bending your trunk forward and do not hold your breath.

STEP 1



STEP 2



Supine March

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

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

Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

STEP 1



STEP 2



Supine Transversus Abdominis Bracing with Leg Extension

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then straighten one knee, holding your leg a few inches off the ground. Bring it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your abdominals tight as you extend your legs. Do not hold your breath during the exercise.

STEP 1



STEP 2



Supine Transversus Abdominis Bracing with Double Leg Fallout

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then let both knees drop slowly toward the floor. Bring them back to the starting position and repeat.

Tip

Make sure to keep your abdominals tight as you lower your legs. Do not hold your breath during the exercise.

STEP 1



STEP 2



Side Plank on Knees

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.

Movement

Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll forward, backward, or drop towards the floor.

STEP 1



STEP 2



Modified Side Plank with Hip Abduction

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg straight.

Movement

Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.

Tip

Make sure that your head, hips, and leg are in a straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Single Leg Bridge with Ground Touches

REPS: 10-15 | SETS: 3 | DAILY: 1 | 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



Bird Dog

REPS: 10-15 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.