

USAF

Home Exercise Program Login Instructions

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Access Code: **EAZYWJA8**

Two Ways to Access



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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



STEP 3

**Supine Deep Neck Flexor Training****REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7****Setup**

Begin lying on your back with your neck relaxed and your head resting on a pillow.

Movement

Tighten the deep muscles in your neck to lift your head upward without letting it come off the pillow. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and do not let your head rotate to either side during the exercise.

STEP 1



STEP 2

**Supine Deep Neck Flexor Training - Repetitions****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin lying on your back with your legs bent and feet resting flat on the floor.

Movement

Gently tuck your chin, then lift your head roughly 2 finger widths from the floor. Hold this position, then relax and repeat.

Tip

Make sure to keep your shoulders relaxed and maintain the chin tuck during the exercise.

STEP 1



STEP 2

**Supine Deep Neck Flexor Training - Hold****REPS: 10 | SETS: 3 | HOLD: 15-60SEC | WEEKLY: 3-5****Setup**

Begin lying on your back with your legs bent and feet resting flat on the floor.

Movement

Gently tuck your chin, then lift your head roughly 2 finger widths from the floor. Hold this position for the instructed time.

Tip

Make sure to keep your shoulders relaxed and maintain the chin tuck during the exercise.

STEP 1



STEP 2

**Prone Middle Trapezius Strengthening on Swiss Ball****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin lying with your chest resting on a swiss ball.

Movement

Raise both arms straight out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2

**Prone Lower Trapezius Strengthening on Swiss Ball****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin lying with your chest resting on a swiss ball.

Movement

Raise both arms diagonally out to your sides in a Y shape with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2



Supine Scapular Protraction in Flexion with Dumbbells

REPS: 10-20 | **SETS:** 3 | **WEEKLY:** 3-5

Setup

Begin lying on your back with your arms raised straight upward, holding a dumbbell in each hand.

Movement

Keep your elbows straight and punch your arms up toward the ceiling, raising your shoulders off the ground.

Tip

Make sure to keep your back flat on the floor.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

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

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



Seated Levator Scapulae Stretch on Wall

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

Setup

Begin sitting upright in a chair next to a wall. Place the hand closest to the wall on your shoulder and rest your elbow against the wall, then place your other hand on your head.

Movement

Slightly turn your head away from the wall, then slowly sidebend and gently press your head forward until you feel a stretch in your upper back and neck.

Tip

Make sure to keep your back straight during the stretch and do not use too much pressure.

STEP 1



STEP 2



Thoracic Mobilization on Foam Roll

REPS: 20 | **SETS:** 3 | **DAILY:** 1 | **WEEKLY:** 7

Setup

Lie on your back with a foam roller positioned horizontally across your mid back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor.

Movement

Slowly roll back and forth over the foam roller.

Tip

Do not allow your low back to arch during the exercise.

STEP 1



STEP 2



STEP 3



Standing Upper Trapezius Mobilization with Small Ball

REPS: 20 | **SETS:** 3 | **DAILY:** 1 | **WEEKLY:** 7

Setup

Begin in a standing upright position in front of a wall, holding a small, firm ball. Place the ball between your upper shoulder muscle and the wall.

Movement

Slowly roll your upper back side to side, then up and down on the ball until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip

Make sure to use just enough pressure that you feel a stretch, but no pain.