

USAF

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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Or

Visit

www.medbridgego.com

Access Code: **VVPQMQG3**

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

**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

**Sidelying Shoulder ER with Towel and Dumbbell****REPS: 10-20 | SETS: 3 | WEEKLY: 3-5****Setup**

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

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.



Doorway Pec Stretch at 90 Degrees Abduction

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

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Prone Chest Stretch on Chair

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

Setup

Begin kneeling in front of a chair. Rest your arms on the chair, crossed on top of each other.

Movement

Bending at your hips and keeping your arms on the chair, lower your trunk toward the ground until you feel a stretch in the front of your chest and hold.

Tip

Make sure not to arch your low back during the stretch.



Sleeper Stretch

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

Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.