

## Home Exercise Program

# Login Instructions

### Login URL

[OnondagaPT.medbridgego.com](https://OnondagaPT.medbridgego.com)

### Your Access Code

**C49WT7MB**

## 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 Pumps

**REPS: 10**

**SETS: 3**

**DAILY: 3**

**WEEKLY: 7**



### Setup

Begin sitting in an upright position on the floor with your legs straight.

### Movement

Slowly pump your ankles by bending your feet backward and forward.

### Tip

Try to keep the rest of your legs relaxed while you move your ankles.

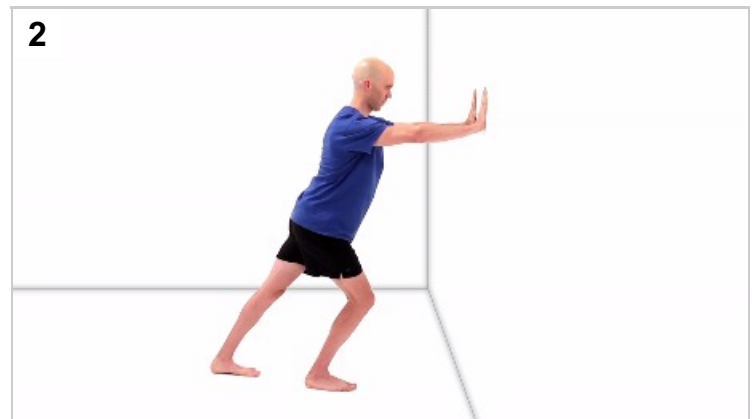
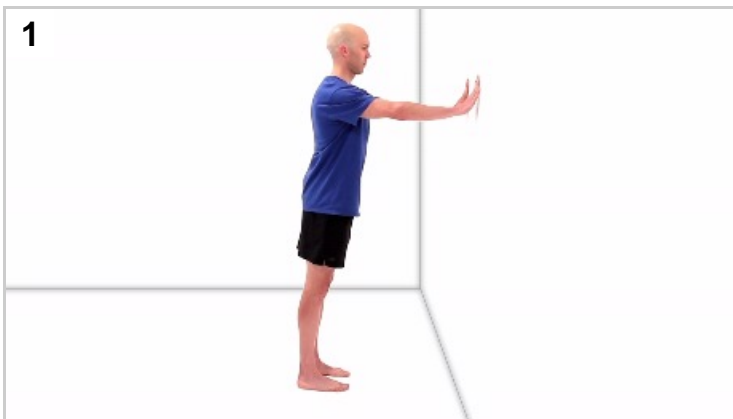
## Gastroc Stretch on Wall

**REPS: 3**

**HOLD: 30**

**DAILY: 2**

**WEEKLY: 7**



## 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.

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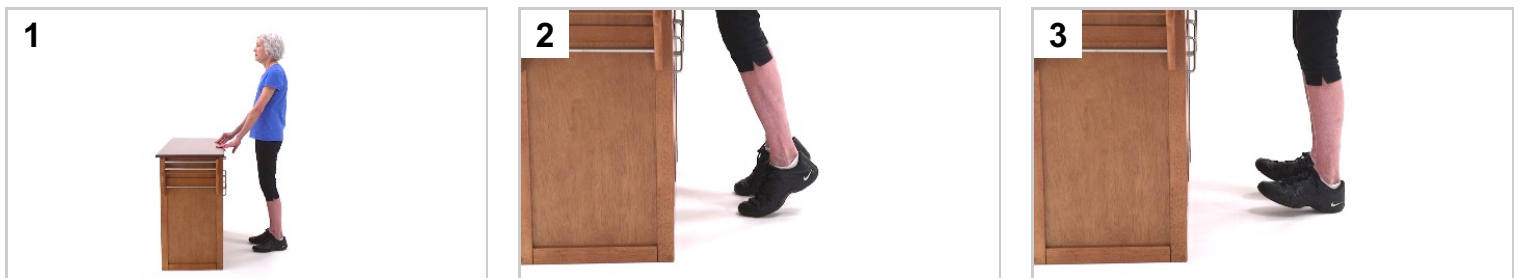
## Heel Toe Raises with Counter Support

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

## Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

## Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

## Single Leg Stance

REPS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### 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.

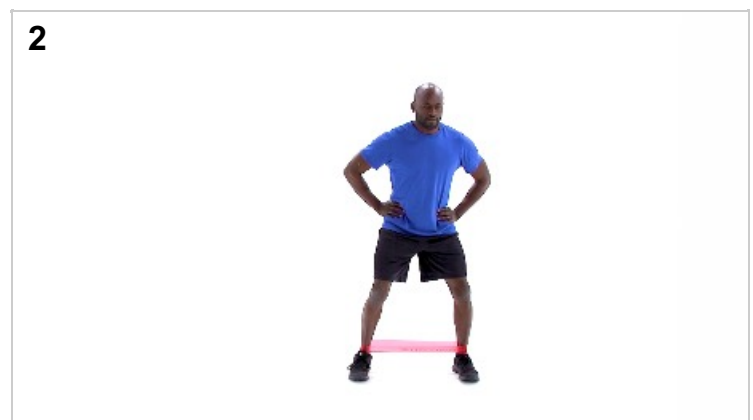
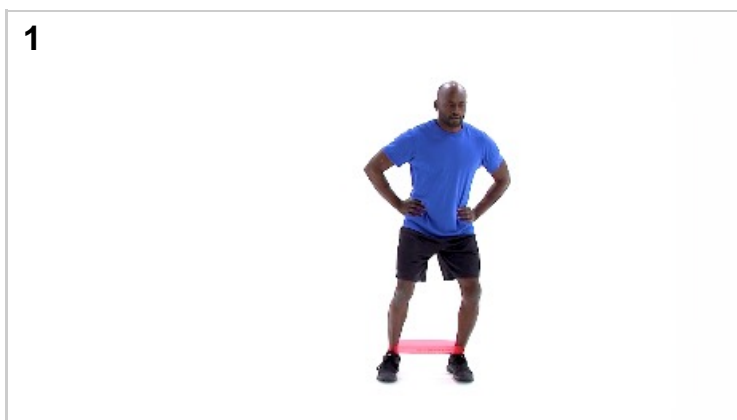
### Tip

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

## Side Stepping with Resistance at Ankles

DAILY: 1

WEEKLY: 7



### 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.