Home Exercise Program

Login Instructions

Two Ways To Access

**Try MedBridgeGO**
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 program without the app, enter your access code below at:
https://memorialhermann.medbridgego.com/

Your Access Code

**ZKGFE4DG**

By accessing your home exercise program 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 a healthy recovery.

**Track Your Progress**
Keep track of your activity and progress throughout treatment and post care.
Long Sitting Quad Set
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup
- Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement
- Straighten your leg, pushing your knee toward the floor, and hold.

Tip
- Make sure to keep your back straight during the exercise.

Supine Active Straight Leg Raise
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup
- Begin lying on your back with one knee bent and your other leg straight.

Movement
- Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip
- Make sure to keep your leg straight and do not let your back arch during the exercise.

Sitting Heel Slide with Towel
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup
- Begin sitting with your knees straight and a towel looped around one foot, holding the ends in both hands.

Movement
- Use the towel to gently bend your knee until a stretch is felt. Hold, and then slide your heel forward into the starting position and repeat.

Tip
- Make sure that your leg does not rotate in or out as you bend your knee.

Supine Knee Extension Stretch on Towel Roll
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup
- Begin lying on your back with both legs bent and your feet resting on the floor.

Movement
- Place one heel on a towel roll and relax your leg muscles to straighten your knee. Hold this position.

Tip
- Make sure to keep your back flat against the floor during the stretch.

Standing Gastroc Stretch
REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup
- Begin standing in front of a table or wall.

Movement
- Place your hands on the table and step back with one leg, keeping your back knee straight, heel on the ground, and toes pointing forward.

Tip
- Do not let your heel come off the ground or your toes turn in or out.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.