

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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.