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.



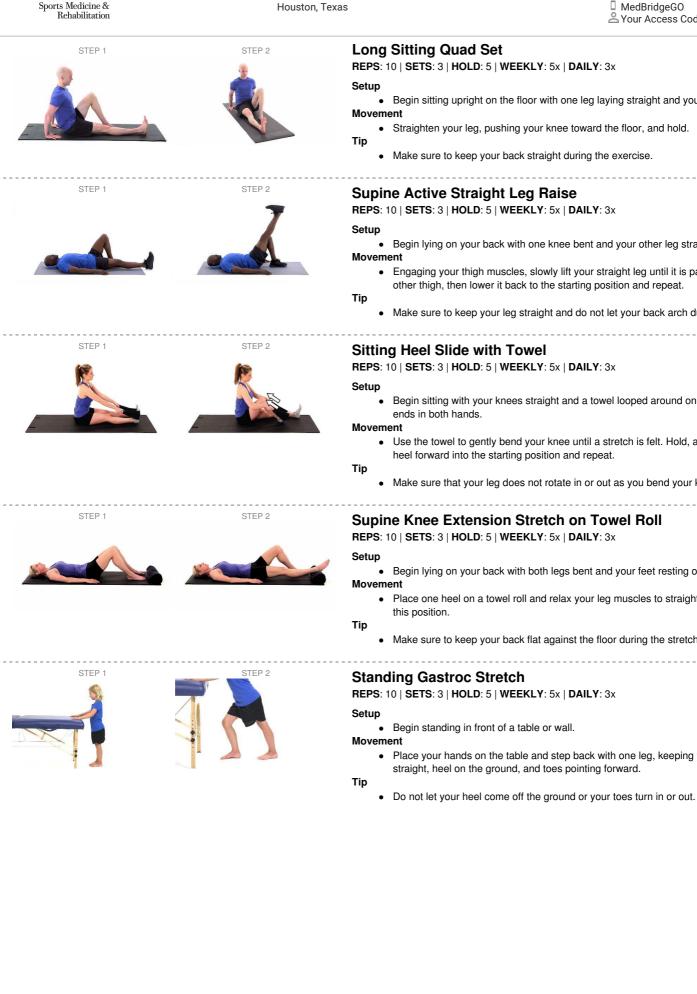
Learn About your Condition

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.



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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.



Access your exercises!

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A Your Access Code: ZKGFE4DG

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

- Straighten your leg, pushing your knee toward the floor, and hold.
- Make sure to keep your back straight during the exercise.

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

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

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

- Begin sitting with your knees straight and a towel looped around one foot, holding the
- 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.
- 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

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

- Place one heel on a towel roll and relax your leg muscles to straighten your knee. Hold
- Make sure to keep your back flat against the floor during the stretch.

REPS: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 5x | **DAILY**: 3x

 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.