

Kathy Piela

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

www.medbridgego.com

Access Code: **K3DTRRDM**

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

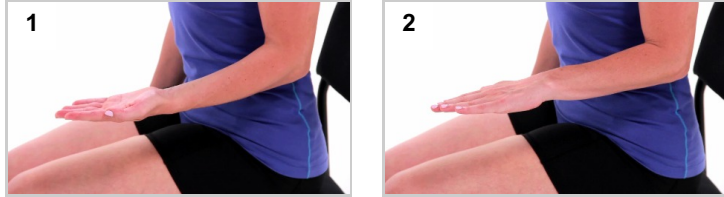
Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Seated Forearm Pronation and Supination AROM

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.

Wrist Flexion Extension AROM - Palms Down

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

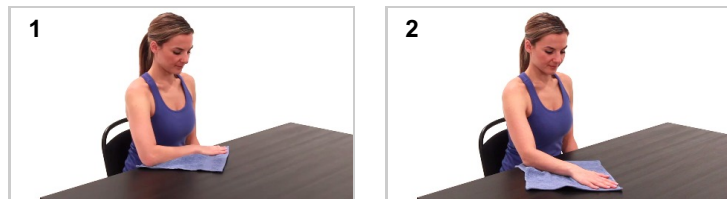
Slowly bend your wrist upward as far as is comfortable, then relax and repeat.

Tip

Make sure to only move in a pain-free range of motion.

Seated Elbow Extension and Shoulder External Rotation AAROM at Table with Towel

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your arm resting on a towel placed in front of you on a table, with your palm down.

Movement

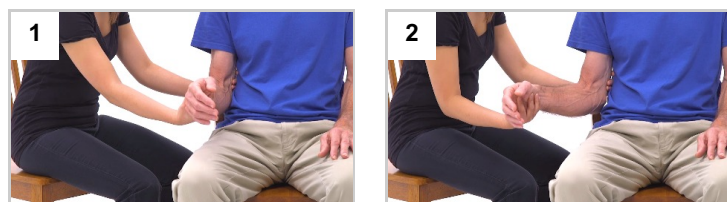
Straighten your elbow, sliding your forearm outward across the table on the towel, then return to the starting position and repeat.

Tip

Make sure to keep your shoulder relaxed and forearm on the table during the exercise.

Seated Shoulder External Rotation AAROM with Caregiver

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your caregiver seated facing you on your involved side. Your caregiver should support your upper arm with one hand and hold your wrist with the other so that your palm faces inward.

Movement

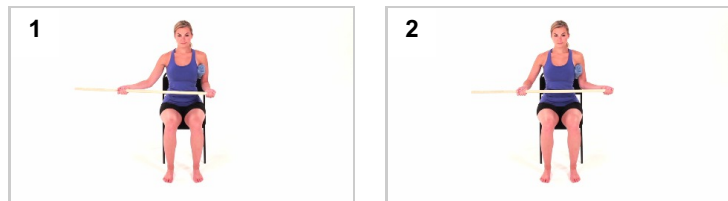
Keeping your elbow close to your body, try and gently move your forearm out to the side as much as you can. Your caregiver will gently help move your forearm as needed.

Tip

Your caregiver should make sure to only help you move your arm until light resistance is felt and should not pull on your arm. Do not move your arm further if you feel pain.

Seated Shoulder External Rotation AAROM with Dowel

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting in an upright position with a towel roll tucked between your involved arm and your side, elbow bent 90 degrees, holding a dowel in both hands, palms up.

Movement

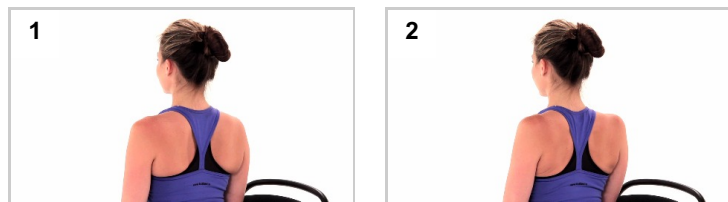
Using the dowel to guide the motion, slowly rotate your involved arm outward, then bring it back to the starting position and repeat.

Tip

Make sure to keep your elbow bent and let the movement come from your uninvolved arm.

Seated Scapular Retraction

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

Seated Shoulder Flexion Towel Slide at Table Top

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin sitting facing a table or counter top with your hand resting flat on a towel.

Movement
Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

Tip
Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

Seated Shoulder Flexion Towel Slide at Table Top Full Range of Motion

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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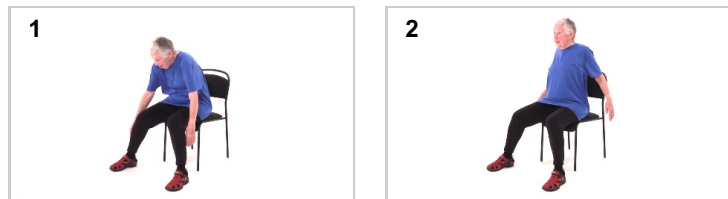
Setup
Begin sitting facing a table or counter top with your hand resting on a towel.

Movement
Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

Tip
Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

Seated Backward Shoulder Rolls

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your feet in a wide stance on the floor.

Movement

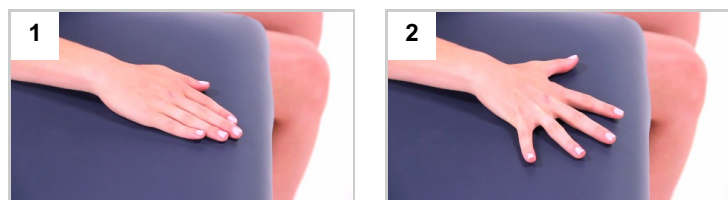
Roll your shoulders backward in a large circle. Continue this motion.

Tip

Make sure to sit upright, and try to roll your shoulders in as large a circle as you can.

Finger Spreading

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair with your hand resting flat on a table.

Movement

Spread your fingers apart as far as is comfortable, then bring them back together and repeat.

Tip

Make sure to keep your fingers on the table during the exercise.

Key Pinch with Putty

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with a ball of putty between your thumb and the side of your index finger.

Movement

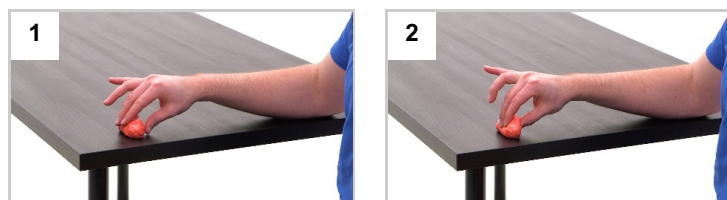
Press the putty down into the side of your index finger, keeping the tip of your thumb straight. Reshape the putty, and repeat.

Tip

Make sure to keep your wrist and the tip of your thumb straight.

3-Point Pinch with Putty

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with a ball of putty on the table.

Movement

Using the pads of your thumb, index and middle fingers, press into the putty. Reshape the putty, and repeat.

Tip

Make sure to keep your wrist straight and only move through a pain free range.

Thumb Abduction AROM on Table

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright in a chair with your hand resting flat on a table.

Movement

Slowly move your thumb away from your hand, then bring it back and repeat.

Tip

Make sure to only move your thumb during the exercise.

Thumb Opposition with Putty

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with a roll of putty on the table.

Movement

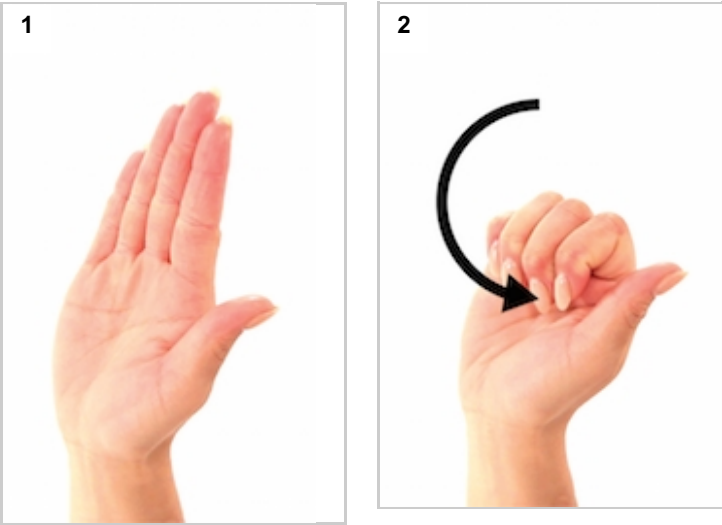
Using the tips of your thumb and index finger, gently pinch into the putty making an "O" shape. Return to starting position, and repeat with each finger.

Tip

Make sure to relax your hand between each finger press. Try not to let the base of your thumb collapse or over extend.

Seated Finger Composite Flexion Extension

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin this exercise with your wrist and fingers straight.

Movement
Slowly bend the top two knuckles of your fingers downward. Pause, then return to the starting position and repeat.

Tip
Make sure to only move through a pain-free range of motion. Try to keep your wrist straight as you move your fingers.