

Home Exercise Program

Login Instructions

Login URL

cao.medbridgego.com

Your Access Code

XDVVBEKK

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.

STEP 1



STEP 2



Standing Gastroc Stretch

REPS: 4 | SETS: 1 | HOLD: 30 SECONDS | DAILY: 1 | WEEKLY: 5

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.

STEP 1



STEP 2



Seated Heel Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Seated Ankle Dorsiflexion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin sitting upright with your feet flat on the floor.

Movement

Raise your feet as high as you can while keeping your heels on the ground, then lower them back down and repeat.

Tip

Try to do this exercise as fast as you can while keeping your movements controlled.

STEP 1



STEP 2



Seated Ankle Alphabet

REPS: 2 | SETS: 1 | DAILY: 1 | WEEKLY: 5

Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

STEP 1



STEP 2



Long Sitting Ankle Inversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

STEP 1



STEP 2



Long Sitting Ankle Eversion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

STEP 1



STEP 2



Long Sitting Ankle Plantar Flexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

Movement

Bend your foot away from your body, creating further tension in the band.

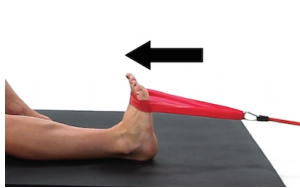
Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

STEP 1



STEP 2



Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 5

Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

Standing Gastroc Stretch



REPS: 4	SETS: 1
HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5	

Seated Heel Raise



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5

Seated Ankle Dorsiflexion AROM



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5

Seated Ankle Alphabet



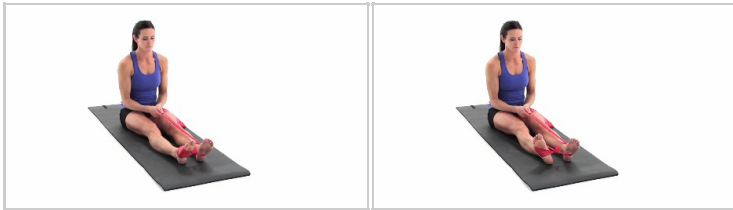
REPS: 2	SETS: 1
DAILY: 1	WEEKLY: 5

Long Sitting Ankle Inversion with Resistance



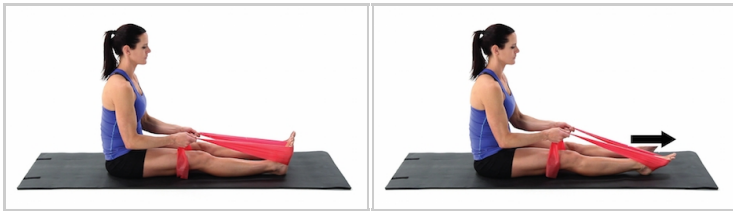
REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5

Long Sitting Ankle Eversion with Resistance



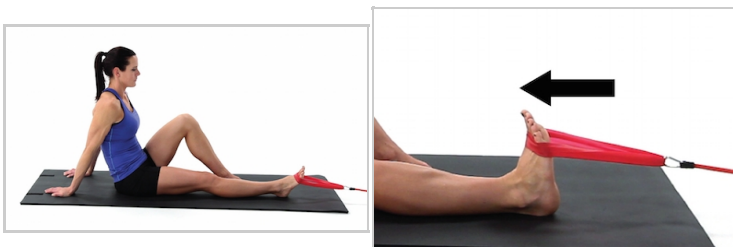
REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5

Long Sitting Ankle Plantar Flexion with Resistance



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5

Long Sitting Ankle Dorsiflexion with Anchored Resistance



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 5