

Home Exercise Program

Login Instructions

Login URL

doranlounsburypt.medbridgego.com

Your Access Code

3LQRGL6X

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.

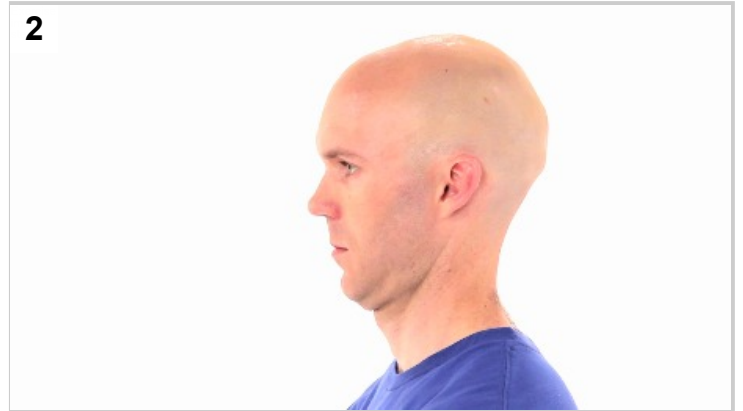
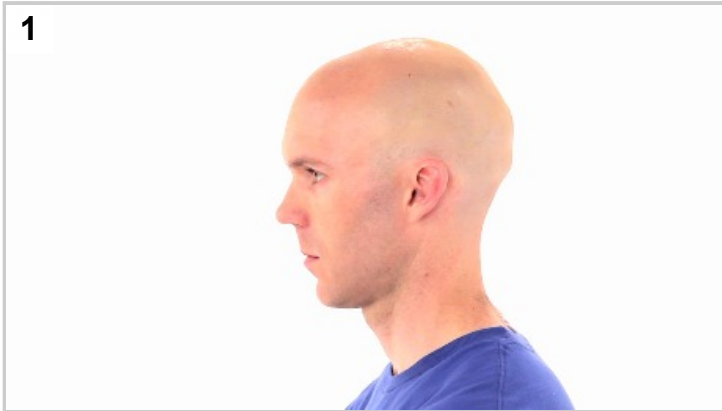
Seated Cervical Retraction

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

Seated Levator Scapulae Stretch

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Upper Trapezius Stretch

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

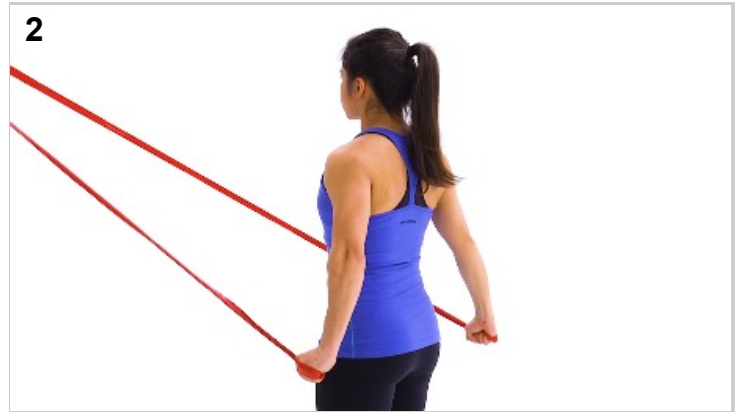
Shoulder extension with resistance - Neutral

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.

Standing Shoulder Row with Anchored Resistance

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

Seated Scapular Retraction

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



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 Cervical Rotation AROM

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

Seated Cervical Extension AROM

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position.

Movement

Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

Seated Cervical Flexion AROM

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in an upright seated position.

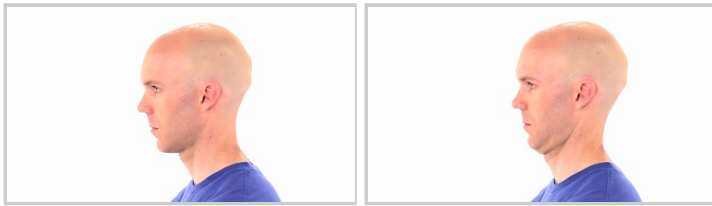
Movement

Slowly nod your head, tipping your chin down slightly toward your chest. You should feel as if you are stretching the muscles in the back of your neck as you do this motion.

Tip

Make sure to maintain an upright seated position as perform this movement.

Seated Cervical Retraction



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Levator Scapulae Stretch



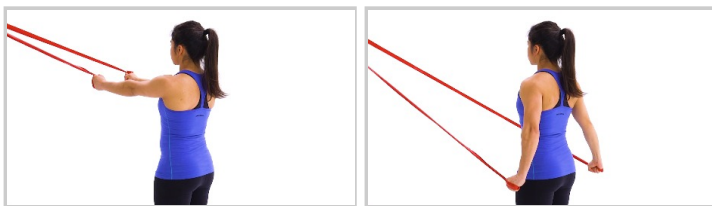
REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Upper Trapezius Stretch



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Shoulder extension with resistance - Neutral



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Standing Shoulder Row with Anchored Resistance



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Scapular Retraction



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Cervical Rotation AROM



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Cervical Extension AROM



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7

Seated Cervical Flexion AROM



REPS: 10	SETS: 2
DAILY: 1	WEEKLY: 7