



**PHYSICAL THERAPY**

## Home Exercise Program Login Instructions

### Login

To access your Home Exercise Program:

#### Scan



Or

#### Visit

**Athleticopt.medbridgego.com**

Access Code: **GHKLHYFM**

### How to Access



#### 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



### Side Stepping with Resistance at Feet

FEET: 20 | BAND: YELLOW | DAILY: 3 | WEEKLY: 5

#### Setup

Begin standing upright with a resistance band looped around the middle of your feet. Bend your knees slightly so you are in a mini squat position.

#### Movement

Slowly step sideways, maintaining tension in the band.

#### Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



### Single Leg Balance with Eyes Closed

SETS: 3 | HOLD: 30" | DAILY: 3 | WEEKLY: 5

#### Setup

Begin in a standing upright position with your feet together and arms resting at your sides. Stand by a countertop or couch for safety.

#### Movement

Lift one foot off the floor, balancing on your other leg, and close your eyes. Maintain your balance in this position. Then switch to other foot.

STEP 1



STEP 2



### SEBT

SETS: 2 | CYCLES: 15 | DAILY: 3 | WEEKLY: 5

#### Setup

Begin standing on one leg.

#### Movement

Reach your free foot out towards different points on the star.

#### Tip

Make sure to keep your movements slow and controlled and do not let your stance knee bend forward past your toes. Try to reach as far as you can while keeping your balance.

STEP 1



STEP 2



STEP 3



### Lateral Step Down

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 5

#### Setup

Begin standing next to a step or raised surface. Then, step up so that one foot is on the step, and the other is hanging off the edge.

#### Movement

Sit back into your hip while leaning slightly forward with your trunk. Continue the squatting movement by bending your knee and hip equally. Tap your heel on the ground without putting weight through the heel. Return to the upright position and repeat. Keep your weight centered on the mid part of your foot throughout the squatting movement by allowing the knee to move forward.

#### Tip

Maintain hip, knee, and foot alignment with the knee over the 2nd toe. Keep your nose in line with your belly button, and do not sidebend towards the exercising leg.

STEP 1



STEP 2



### Ankle Mobilization on Chair or Step

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 5

#### Setup

Begin in a standing upright position facing a chair.

#### Movement

Place your affected foot on the seat of the chair and slowly lean forward over your foot, bending your ankle. Hold, then relax and repeat.

#### Tip

Make sure to maintain your balance and do not let your heel lift off the seat of the chair.

STEP 1



STEP 2



### Walking Forward Lunge

**LENGTH: 15 FT | LAPS: 2 | DAILY: 2 | WEEKLY: 5**

#### Setup

Begin standing upright with your hands at your hips.

#### Movement

Take a large step forward, lowering into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

#### Tip

Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.

STEP 1



STEP 2



### Standing Gastroc Dynamic Stretch with Leg Swings

**REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 5**

#### Setup

Begin in a staggered stance position with your hands resting on a wall in front of you.

#### Movement

Lean forward until you feel a gentle stretch in the back of your lower leg. Lift your front leg and swing it out to your side and across your body.

#### Tip

Make sure to keep your back heel on the ground and your abdominals tight during the exercise.

## Side Stepping with Resistance at Feet



<b>FEET: 20</b>	<b>BAND: YELLOW</b>
<b>DAILY: 3</b>	<b>WEEKLY: 5</b>

## Single Leg Balance with Eyes Closed



<b>SETS: 3</b>	<b>HOLD: 30"</b>
<b>DAILY: 3</b>	<b>WEEKLY: 5</b>

## SEBT



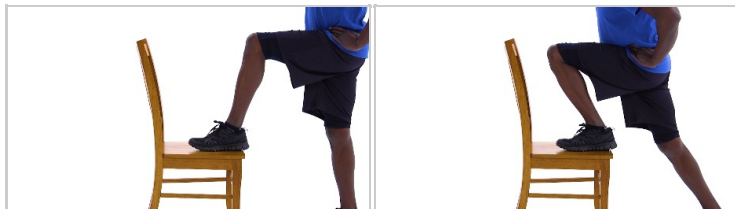
<b>SETS: 2</b>	<b>CYCLES: 15</b>
<b>DAILY: 3</b>	<b>WEEKLY: 5</b>

## Lateral Step Down



<b>REPS: 10</b>	<b>SETS: 3</b>
<b>DAILY: 2</b>	<b>WEEKLY: 5</b>

## Ankle Mobilization on Chair or Step



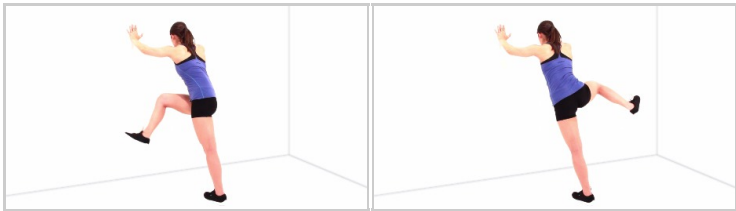
<b>REPS: 10</b>	<b>SETS: 3</b>
<b>DAILY: 2</b>	<b>WEEKLY: 5</b>

## Walking Forward Lunge



<b>LENGTH: 15 FT</b>	<b>LAPS: 2</b>
<b>DAILY: 2</b>	<b>WEEKLY: 5</b>

## Standing Gastroc Dynamic Stretch with Leg Swings



<b>REPS: 10</b>	<b>SETS: 3</b>
<b>DAILY: 2</b>	<b>WEEKLY: 5</b>