

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://www.medbridgego.com/>

Your Access Code

FLJLGB9B

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.

STEP 1



STEP 2



Supine Bridge

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

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Clamshell

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

Setup

- Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

- Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Supine Hip Adductor Stretch

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

Setup

- Begin lying on your back with your knees bent and feet flat on the floor.

Movement

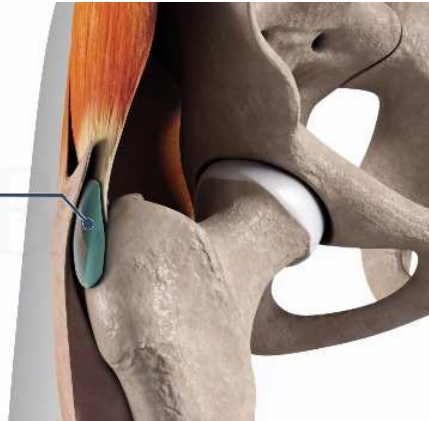
- Let one knee fall out to the side until you feel a stretch on the inside of your leg. Hold this position.

Tip

- Make sure to keep your low back flat against the ground and do not let your trunk rotate during the exercise.

Trochanteric Bursitis

Trochanteric bursa



UPPER RIGHT THIGH: TROCHANTERIC BURSA

Trochanteric bursitis causes pain and tenderness on the outside of the upper thigh, and can make activities like walking difficult. The trochanteric bursa is a thin cushion that helps reduce friction over the large bony knob on the outside of your thighbone (femur). If this bursa is irritated it can swell and become painful.

Repeated activities like running or walking, and injuries like a fall can cause the trochanteric bursa to become inflamed and painful. Tenderness over the area, pain lying on your side, or worsened symptoms at night are common complaints. Climbing stairs, getting up from a chair, or sitting for long periods can also increase the symptoms of trochanteric bursitis.

Therapy can help you recover from trochanteric bursitis by helping you reduce the pain around the bursa and teaching you how to protect the area while healing. You can also learn exercises for stretching and strengthening that can help you return to your usual activities.



UPPER RIGHT THIGH: INFLAMED TROCHANTERIC BURSA

Gluteus maximus

Greater trochanter



RIGHT HIP: GLUTEUS MAXIMUS AND GREATER TROCHANTER