

Premise Health

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

<https://premisehealth1.medbridgego.com/>

Access Code: **Q3BB4RFG**

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 Upper Trapezius Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



FORWARD HEAD

Setup

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

Movement

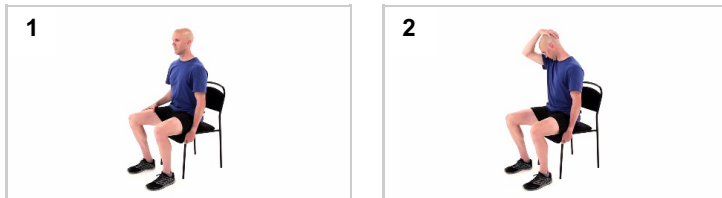
Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Levator Scapulae Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



FORWARD HEAD

Setup

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

Movement

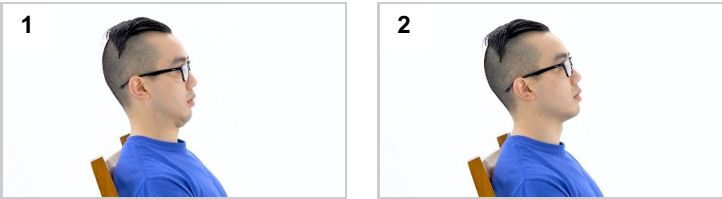
Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Cervical Retraction

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

Setup

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

Movement

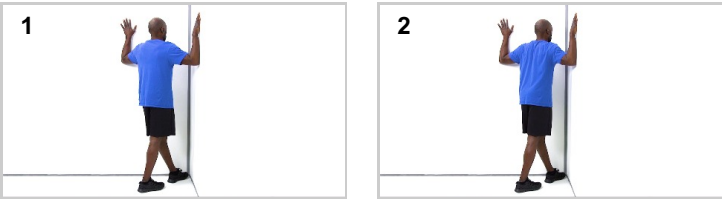
Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

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

Corner Pec Major Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



C/ROUNDED SHOULDER POSTURE

Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

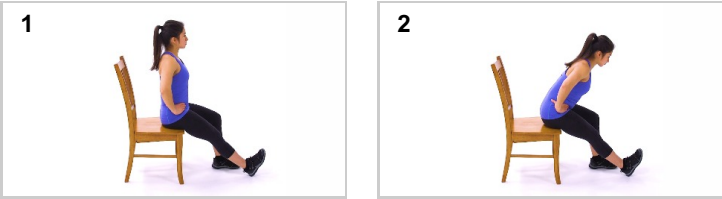
Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

Seated Hamstring Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

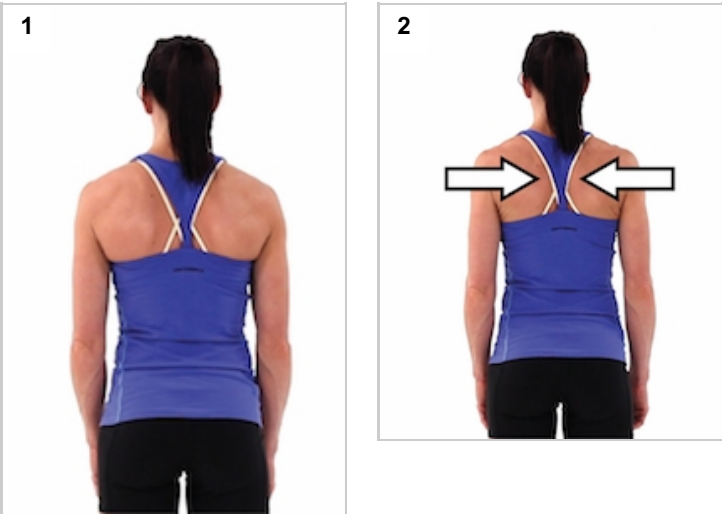
Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Standing Scapular Retraction

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
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C/ROUNDED SHOULDER POSTURE

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

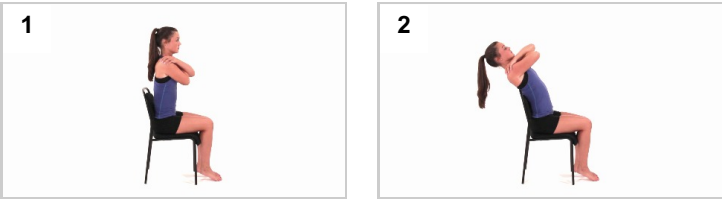
Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Seated Thoracic Lumbar Extension

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
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C/ROUNDED SHOULDER POSTURE

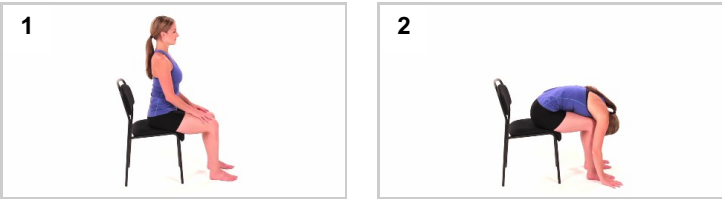
Setup
Begin in a sitting upright position with your arms crossed over your chest.

Movement
Slowly arch your trunk backwards and hold, then return to an upright position and repeat.

Tip
Keep your movements slow and controlled. Do not move through pain.

Seated Flexion Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



S POSTURE

Setup
Begin sitting in a chair with your feet on the ground, shoulder width apart.

Movement
Bend forward as far as you can, letting your arms hang toward the floor.

Tip
Make sure to keep your back relaxed during the stretch.

Standing Hip Flexor Stretch

REPS: 1	SETS: 2	HOLD: 30	DAILY: 1
WEEKLY: 7			



S POSTURE

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

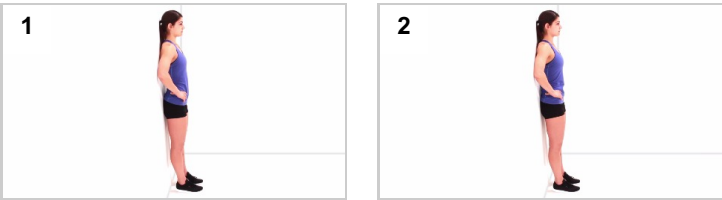
Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

Standing with Back Flat Against Wall

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

Setup

Begin in a standing upright position with your heels and shoulders against a wall, and your back flat against the wall.

Movement

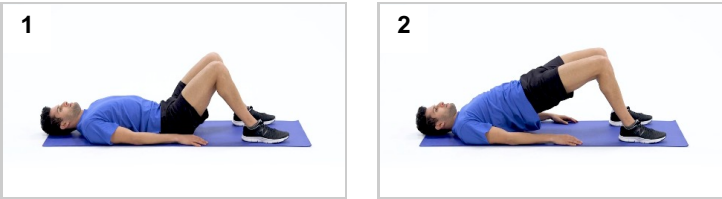
Hold this position.

Tip

Make sure to continue breathing evenly during the exercise.

Supine Bridge

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
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S POSTURE + DEAD BUTT EXERCISE - If you cramp at back of thigh when doing this exercise, see a physical therapist.

- 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.

Seated Hamstring Set

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
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- S POSTURE
- Setup**
Begin sitting upright on the edge of a chair with your involved knee slightly bent.
- Movement**
Pull your heel down into the ground tightening the muscles in the back of your thigh. Hold briefly, then relax and repeat.
- Tip**
Make sure to keep your back straight and do not let your knee fall inward or outward.