

## Home Exercise Program Login Instructions

### Login

To access your Home Exercise Program:

#### Scan



Or

#### Visit

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

Access Code: **38WYJ56B**

### 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.

## Clinician Notes

Core Home Exercise Program #1

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### Pelvic Tilt

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>DAILY: 1-2</b>	<b>WEEKLY: 4-5</b>
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#### Setup

Begin lying on your back with your knees bent, feet resting on the floor or bed, and hands on your hips.

#### Movement

Slowly tilt your pelvis to flatten your back against the floor or bed, then tilt back to neutral, then tilt it to arch your back. Repeat these movements.

#### Tip

Make sure to concentrate your movements only on your pelvis.

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### Bear Walk

<b>REPS: 10</b>	<b>SETS: 2-3</b>	<b>DAILY: 1-2</b>	<b>WEEKLY: 4-5</b>
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#### Setup

Begin kneeling on the floor.

#### Movement

Shift your body onto your hands and feet, pushing your hips up to the sky. Pretend you are a bear as you walk forward on on your hands and feet.

#### Tip

Be sure to keep your tummy muscles strong and control your movements. Don't go too fast or fall over.

## Wheelbarrow

REPS: 10	SETS: 2-3	DAILY: 1-2	WEEKLY: 4-5
			

### Setup

Begin kneeling with a partner behind you. Place your hands on the floor in front of your body.

### Movement

Pull your belly button in and have your partner grab your legs. Keep your back straight as you walk forward on your hands. It will look like your partner is pushing a wheelbarrow.

### Tip

To make this a bit easier, have your partner hold you at your knees or closer to your body. Remember to go slowly and breathe during the exercise.

## Crab Walks: Core-Strengthening Activity

REPS: 10	SETS: 2-3	DAILY: 1-2	WEEKLY: 4-5
			

### Setup

Crab walking is a fun, engaging exercise that strengthens your child's core, arms, and legs. This exercise requires them to lift their body off the ground, working key muscle groups that support balance, coordination, and posture. Crab walking is a playful way to build core stability and upper body strength, which are essential for many activities, such as climbing, running, and even sitting upright.

### Movement

How to Practice Crab Walks 1. Get into Position: Have your child sit on the floor with their hands behind them and feet flat on the ground, knees bent. 2. Lift and Walk: Encourage them to lift their bottom off the floor and "walk" forward, moving their hands and feet together. The goal is to keep their belly up and their body stable as they go. 3. Engage the Core: Remind your child to keep their tummy pulled in, supporting their core and helping them stay balanced.

### Tip

Tips for Making This Task Easier or Harder - Easier: Encourage them to walk short distances or even practice holding the crab position without moving. This helps build strength in a more controlled way. - Harder: Challenge your child to walk longer distances, speed up, or even carry a small object on their tummy while moving to test their balance and control.

## Supine Single Knee to Double Knee to Chest Stretch

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



### Setup

Begin lying on your back.

### Movement

Hug one leg to your chest and count to 10. Rest, then hug your other leg and count to 10. Now hug both knees to your chest and count to 10.

### Tip

Make sure to not hold your breath during the stretch.

# Exercise List

## Pelvic Tilt



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

## Bear Walk



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REPS: 10														
SETS: 2-3														
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## Wheelbarrow



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