

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **ME9Y9LE5**

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 #4

Running In Place with Pelvic Floor Contractions

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

Begin in a standing position.

Movement

Tighten your bottom muscles and run in place. Have your parent or caregiver keep track of your time.

Tip

Make sure to keep your bottom muscles tight the whole time.

Superman with Legs Bent

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

Begin lying on your tummy with your arms reaching overhead and legs straight.

Movement

Imagine you are flying through the air as you lift your arms, head, chest, and legs off the ground. Hold this position for as long as possible.

Tip

You can keep your legs on the ground to make the exercise easier or straighten your legs to make it more challenging.

Superman

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin lying on your tummy with your arms reaching overhead and legs straight.

Movement

Imagine you are flying through the air as you lift your arms, head, chest, and legs off the ground. Hold this position for as long as possible.

Tip

Be sure to keep your back and tummy muscles strong to help you hold this position.

Plank on Knees

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Prone Quad Stretch

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin lying on your stomach.

Movement

Bend your knee and hold onto your ankle until you feel a gentle stretch in the front of your hip and thigh, and hold.

Tip

Make sure to keep your hips and stomach flat and do not arch your back during the stretch.

Exercise List

Running In Place with Pelvic Floor Contractions



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

Superman with Legs Bent



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

Superman



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

Plank on Knees



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

Prone Quad Stretch



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