

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

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

Access Code: **YL47CQ52**

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 #5

Jumping with Pelvic Floor Contraction

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

Setup

Begin in a standing upright position.

Movement

Contract your pelvic floor muscles, then jump.

Tip

Keep your pelvic floor muscles contracted as you jump.

Jumping Jacks with Pelvic Floor Contractions

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

Setup

Begin in a standing position.

Movement

Tighten your bottom muscles and keep them tight while you do jumping jacks. Have your parent or caregiver keep track of your time.

Tip

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

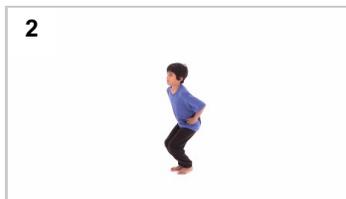
Bum Drops with Pelvic Floor Contractions

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin in a standing position.

Movement

Tighten your bottom muscles and keep them tight while you drop your bottom toward the floor, bending your knees. Stand back up and repeat.

Tip

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

Standing Calf Stretch with Chair

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin standing with your hand on a chair or a wall.

Movement

Step one foot backward and press into your hands so that you feel a stretch in your lower leg.

Tip

Make sure to stop if you feel any pain while stretching.

The Rock

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin kneeling tall with your shoulders back.

Movement

Bend forward over your knees and rest your head on the ground with your hands by your feet.

Tip

Pretend you are a rock as you hold this position and breathe quietly.

Exercise List

Jumping with Pelvic Floor Contraction



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

Jumping Jacks 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														

Bum Drops 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														

Standing Calf Stretch with Chair



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

The Rock



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