

## Home Exercise Program Login Instructions

### Login

To access your Home Exercise Program:

#### Scan



Or

#### Visit

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

Access Code: **PFETVVLW**

### 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 #2

### 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.

### Tall Kneeling: Core-Strengthening Activity

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

Practicing tall kneeling with your child is a great way to help strengthen their core, hips, and upper body stability. This position challenges them to balance while keeping their torso upright, building strength and control in their core and lower body. Tall kneeling is also an excellent position for activities like catching or drawing, as it encourages good posture and balance.

#### Movement

How to Practice Tall Kneeling 1. Start with support: Place a pillow or soft mat under your child's knees for comfort and stability. 2. Play a game: Try tossing a ball back and forth while they're in tall kneeling. This movement helps them engage their core as they reach for the ball, practicing balance and control. 3. Use a vertical surface: Set up an easel or tape paper to a wall at their level, and let them draw or color while kneeling. The reaching and movement involved in drawing help them strengthen and stabilize their core and arms.

#### Tip

Tips for Making This Task Easier or Harder - Easier: Let your child kneel with their legs slightly wider for more stability, or have them rest their hands on a surface if they need extra support. - Harder: Challenge them to hold a toy or ball in one hand while tossing with the other or to try kneeling on a softer or slightly uneven surface to work on balance.

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## Half Kneeling on Foam Pad

<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 in a half kneeling position with your knee resting on a foam pad.

### Movement

Keep your hands on your hips and keep your balance in this position.

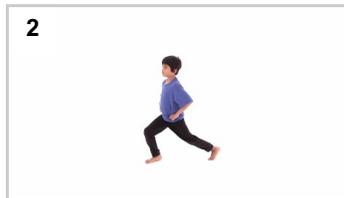
### Tip

Be sure to keep your body as upright and as still as possible. You can add in arm movements or play catch to make it more difficult.

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## Lunges with Pelvic Floor Contractions

<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 in a standing position.

### Movement

Tighten your bottom muscles and keep them tight as you step forward into a lunge position. Repeat on both sides.

### Tip

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

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## Supine Breathing with Hands on Ribcage

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



### Setup

Begin lying on your back with your hands on the sides of your ribs.

### Movement

Take a big breath in and feel your ribs expand, pushing your hands outward, as you breathe in. Relax, as you breathe out fully, letting all of the air out.

### Tip

Make sure to gently breathe in and out and do not forcefully push the air out as you exhale.

# 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														

## Tall Kneeling: Core-Strengthening Activity



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

## Half Kneeling on Foam Pad



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

## Lunges with Pelvic Floor Contractions



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
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## Supine Breathing with Hands on Ribcage



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
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