

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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Or

Visit

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

Access Code: **Q95XVNB**P

Two Ways to Access



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- ▶ Search The App Store or Google Play for "**MedbridgeGO**".



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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 #3

Jumping Jacks: Motor Planning Activity

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

Practicing jumping jacks with your child at home is a great way to build strength, coordination, and cardiovascular fitness—all while having fun together! Jumping jacks help improve balance and motor skills, which are key for children's growth and development. They also strengthen muscles in the legs, arms, and core, making it easier for children to participate in other physical activities.

Movement

How to Perform Jumping Jacks 1. Start standing tall with your arms by your sides and your feet together, like the letter I 2. Jump up, spreading your feet wide apart like a letter X while raising your arms above your head. 3. Jump again to bring your feet back together and your arms back down by your sides. 4. Repeat! See how many you can do in a row without stopping.

Tip

Tips for Parents - Begin with a slow pace to help your child get the rhythm of opening and closing their arms and legs together. - Make it a game by counting how many they can do in 10, 20, or 30 seconds.

Twisting Star

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

Begin standing tall with your feet wide apart and your belly button pulled in.

Movement

Stretch your arms out to your sides so your body looks like a star. Twist your body and arms to look behind you, then twist your star to the other side.

Tip

Remember to breathe in and out during the exercise.

Tall Kneeling: Core-Strengthening Activity

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



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.

Ball Pass: Core-Strengthening Activity

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

A modified Russian twist exercise is a fun and effective way to help your child strengthen their core muscles while improving coordination and flexibility. This exercise engages the muscles along the sides of their body, known as the obliques, as well as the entire core. Strong core muscles support good posture, balance, and coordination—essential skills for physical activities and everyday movements.

Movement

How to Practice a Modified Russian Twist 1. Back-to-back seated ball pass: Sit on the floor with your child, both in a criss-cross position with your backs touching. Hold a ball, twist to one side, and pass it to your child. They twist to the other side to pass it back. This movement encourages them to rotate from their core, helping them engage and strengthen those muscles. 2. Back-to-back standing pass: For a more dynamic twist, stand back-to-back and pass the ball over your heads, then down between your legs. This movement adds an extra challenge to their core and also requires balance and coordination as they move the ball in different directions.

Tip

Tips for Making This Task Easier or Harder - Easier: Use a lighter or smaller ball, or slow down the pace to let them get comfortable with the movement. - Harder: Try increasing the pace, or use a slightly heavier ball if they're comfortable with the movements. You can also have them lean back slightly to further engage their core.

Obstacle Course: Motor Planning Activity

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Creating obstacle courses at home with your child is a fantastic way to support their physical development, imagination, and problem-solving skills. Obstacle courses challenge children to balance, jump, crawl, and navigate around objects, building strength, coordination, and flexibility. Plus, these courses are easy to set up with household items and can be tailored to your child's skill level, making it a fun and active way to spend time together indoors or outdoors!

Movement

How to Set Up a Simple Obstacle Course Use common household items to create different "stations" in the course: - Pillows for stepping stones that they can carefully walk across - Stuffed animals lined up as "hurdles" for them to jump over - Rolled-up towels to act as a "balance beam" where they walk heel-to-toe - Tables or chairs to crawl under as a "tunnel" or "cave" How to Play 1. Set up each station in a line or around the room and show your child how to move through each part of the course. 2. Have them start at the beginning and complete the course from start to finish, using their imagination to move through each station. 3. For extra motivation, have your child bring a small object like a puzzle piece or a sticker through the obstacle course. Each time they complete the course, they can bring back one piece until their puzzle or collection is complete!

Tip

Tips for Making This Task Easier or Harder - Easier: Make wider paths or fewer obstacles, giving them time to learn each new movement. - Harder: Add more obstacles or challenge them to complete the course faster. You can also ask them to hop through some sections or balance on one foot!

Balloon Breathing

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-5



Setup

Begin sitting in a comfortable position. Place your hands around your mouth as if you are about to blow up a balloon.

Movement

Take a big breath in through your nose, then slowly breathe out through your mouth. As you breathe out, spread your hands apart and imagine the balloon is getting bigger. Your balloon will get bigger each time you breathe out. Once your balloon is as big as it can be, squeeze all the air out of the balloon as you breathe out for the last time.

Tip

Make sure to sit up tall and keep your shoulders back.

Exercise List

Jumping Jacks: Motor Planning Activity



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

Twisting Star



	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														
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Ball Pass: Core-Strengthening Activity



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REPS: 10														
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Obstacle Course: Motor Planning Activity



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Balloon Breathing



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