

MSA

Home Exercise Program

Login Instructions

Login URL

MSA-PT.medbridgego.com

Your Access Code

C63NQHEY

HOW TO ACCESS



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.

STEP 1



STEP 2

**Long Sitting Quad Set****REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 10 | WEEKLY: 7****Setup**

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor, and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2

**Supine Active Straight Leg Raise****REPS: 10 | SETS: 3 | HOLD: 3 | DAILY: 3 | WEEKLY: 7****Setup**

Begin by lying on your back with one knee bent and your other leg laying flat.

Movement

Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.

Tip

Do not let your back arch during the exercise.

STEP 1



STEP 2

**Sidelying Hip Abduction****REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 7****Setup**

Begin by lying on your side.

Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

Tip

Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2

**Prone Hip Extension****REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 7****Setup**

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1

**Prone Knee Extension Hang****REPS: 1 | DAILY: 3 | WEEKLY: 7****Setup**

Begin lying on your front with your knee and lower leg hanging off the edge of a table or bed

Movement

Let your lower leg hang toward the floor, straightening your knee.

Tip

Make sure not to arch your back during the exercise.

STEP 1



Supine Knee Extension Mobilization with Weight

REPS: 1 | DAILY: 3 | WEEKLY: 7

Setup

Begin lying on your back with one foot resting on a towel roll and an ankle weight secured around your knee. Your other knee can be bent.

Movement

Let the weight pull your knee toward the floor and hold.

Tip

Make sure to keep your back relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Seated Knee Flexion Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Move one foot backward under the chair, then slowly shift your weight forward, bending your knee further. Hold this position. Return to the starting position and repeat.

Tip

Make sure to only move in a pain free range of motion.

STEP 1



STEP 2



Supine Knee Flexion Wall Slide

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 5

Setup

Begin lying on your back with your knees slightly bent and feet resting flat on a wall.

Movement

Slowly slide your heel down the wall toward the floor until you feel a stretch in your knee. Hold briefly, then slide your heel back up and repeat.

Tip

Make sure to slide your heel in a straight line and do not let your knee inward or outward during the exercise.

STEP 1



STEP 2



Prone Terminal Knee Extension

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 5

Setup

Begin lying on your front with your toes propped on the floor and a slight bend in your knees.

Movement

Tighten the muscles in your upper leg to straighten one knee. Hold briefly, then repeat.

Tip

Make sure not to arch your back during the exercise.

STEP 1



STEP 2



Prone Hip Extension

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 5

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



Standing Terminal Knee Extension with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.

Movement

Gently straighten your knee, pulling against the resistance band.

Tip

Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.

STEP 1



STEP 2



Isometric Heel Raise at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your hands resting in front of you on a wall.

Movement

Slowly raise your heels off the ground and hold that position.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Mini Squat

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 3 | WEEKLY: 5

Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.