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# 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.





## **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.

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Make sure to keep your back straight during the exercise.



STEP 1



# **Supine Active Straight Leg Raise**

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

#### Setun

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.



# **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.



# **Supine Knee Extension Mobilization with Weight**

REPS: 1 | DAILY: 3 | WEEKLY: 7

#### Setun

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.







**Seated Knee Flexion Stretch** 

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

#### Setun

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.



# **Supine Knee Flexion Wall Slide**

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

#### Setup

Being 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 2

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.



# **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.

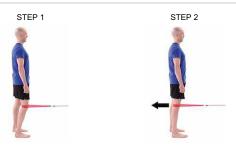
## Movement

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.





# **Standing Terminal Knee Extension with Resistance**

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

#### Setun

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.



# **Isometric Heel Raise at Wall**

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

#### Setun

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.



# 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.

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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.