

Patient Portal Login Instructions

The MedBridge Patient Portal allows you to view your exercises and resources from your computer, phone, or tablet.

By accessing your home program online, you can:

- Watch a demonstration video and follow along with audio instructions to help you complete each exercise
- Learn more about your condition and recovery process through videos and handouts, handpicked for you by your provider.

To log in to your Patient Portal:

1. Go to **Orlafoley.medbridgego.com**
2. Enter your access code:



If you are having difficulty logging in to your Patient Portal, please contact your healthcare provider for assistance.

Supine Bridge

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Supine Active Straight Leg Raise

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

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.

Supine Posterior Pelvic Tilt

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

- Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

- Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

Supine Hamstring Stretch with Strap

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

Movement

- Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

Tip

- You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

Supine Lower Trunk Rotation

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your knees bent and feet resting on the floor.

Movement

- Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

- Make sure that your back and shoulders stay in contact with the floor.

Supine Piriformis Stretch with Foot on Ground

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

- Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

- Do not allow your back to twist or bend excessively during the stretch.

Supine Hip Adduction Isometric with Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

- Squeeze your knees together into the ball, then release and repeat.

Tip

- Make sure to keep your back flat against the floor during the exercise.

Small Range Straight Leg Raise

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with one knee bent and your other leg straight.

Movement

- Tighten your abdominals and lift your straight leg a small distance from the floor. Then lower it back down and repeat.

Tip

- Make sure to keep your low back flat against the floor and your knee straight during the exercise.

Supine Single Knee to Chest Stretch

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your legs straight.

Movement

- Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

- Make sure to keep your back relaxed and flat on the ground during the stretch.

Supine Lower Trunk Rotation

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

Movement

- Lower your knees to one side, return to center, and repeat on the other side.

Tip

- Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.

Supine Double Knee to Chest

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your knees bent and feet resting flat on the floor.

Movement

- Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back.

Tip

- Make sure to keep your back relaxed during the stretch.

Supine Knee Extension Strengthening

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with one knee bent and the other resting on a ball.

Movement

- Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

Tip

- Make sure not to arch your back during the exercise.

Supine Bridge with Resistance

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your arms laying at your sides, your legs bent at the knees and your feet flat on the ground, with a resistance band secured around your legs.

Movement

- Maintaining tension in the resistance band, tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Thomas Stretch on Table

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2



Step 3

Setup

- Sit at the edge of a bed or table with both legs hanging off the edge.

Movement

- Lift one leg toward your chest, and lean backward onto the table at the same time. You should feel a stretch in the front of the hip of your leg that is hanging toward the floor.

Tip

- Make sure not to let your low back arch during the stretch.

Supine Chest Stretch on Foam Roll

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

Movement

- Slowly move your arms straight out to your sides, then return to the starting position and repeat.

Tip

- Make sure your back is laying flat against the foam roll.

Marching Bridge

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2



Step 3

Setup

- Begin lying on your back with your arms laying straight to your sides, knees bent, and feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Lift one leg off the ground, keeping your knee bent. Lower it back down and repeat, alternating between each leg.

Tip

- Make sure to keep your back straight throughout the exercise and your arms flat on the floor.

Supine Quad Set on Towel Roll

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with one leg bent, your other leg straight, and your knee resting on a towel roll.

Movement

- Pull your foot toward your body, then press your knee straight down into the towel. Hold briefly, then relax and repeat.

Tip

- Make sure to keep your back flat on the bed during the exercise.

Prone on Elbows Stretch

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your front with your hands by your head.

Movement

- Push yourself up onto your elbows with your head facing forward. Hold this position.

Tip

- Make sure to maintain a gentle chin tuck during the exercise.

Bridge with Heels on Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your legs straight, heels on a swiss ball and your arms resting on the ground.

Movement

- Tighten your abdominals and lift your hips off the ground until your body is in a straight line. Hold, then lower yourself back to the ground and repeat.

Tip

- Make sure to keep your abdominals tight and do not let your hips rotate to either side during the exercise

Bridge with Heels on Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your legs straight, heels on a swiss ball and your arms resting on the ground.

Movement

- Tighten your abdominals and lift your hips off the ground until your body is in a straight line. Hold, then lower yourself back to the ground and repeat.

Tip

- Make sure to keep your abdominals tight and do not let your hips rotate to either side during the exercise

Figure 4 Bridge

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your knees bent and feet flat on the floor. Cross one ankle over your other knee.

Movement

- Lift your hips off the floor into a bridge position and hold, then lower yourself back down and repeat.

Tip

- Make sure to keep your abdominals tight and your arms flat on the floor during the exercise. Do not let your hips rotate to either side.

Supine Knees to Chest with Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your ankles resting on a swiss ball and your knees straight.

Movement

- Use your legs to roll the exercise ball toward you, allowing your knees to bend and move closer to your chest. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure to keep your back flat on the ground and try to keep the ball rolling in a straight line.

Swiss Ball Walkout Bridge with Upper Back on Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin sitting upright on a swiss ball.

Movement

- Slowly start walking your feet forward, letting your back roll down the swiss ball and keeping your abdominals. Continue walking until you are in a full bridge position with your shoulders resting on the ball, then walk back upward into the starting position. As you raise up, imagine your chest being pulled toward the ceiling.

Tip

- Make sure to keep your trunk stiff throughout the exercise and do not let your hips rotate to either side.

Supine Gluteus and Hamstring Sets on Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your lower legs resting on a swiss ball.

Movement

- Slowly press your legs into the swiss ball, squeezing your buttocks and back of your thighs.

Tip

- There is no movement with this exercise. Make sure not to arch your back or let your hips rock to either side.

Bridge with Ground Touches on Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Setup: Begin lying on your back with your feet resting on a swiss ball and your arms on the ground by your sides.

Movement

- Tighten your abdominals and lift your hips off the ground so your body is in a straight line. Lower your hips back down, letting them touch the floor but not rest, then bring them back up and repeat.

Tip

- Keep your movements slow and controlled. Make sure not to let your hips rotate to either side during the exercise.

Hamstring Set with Swiss Ball

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with both heels resting on a swiss ball.

Movement

- Pull your heels down into the swiss ball, engaging the muscles on the back of your thigh. Hold briefly, then relax and repeat.

Tip

- Make sure to keep your back flat against the ground during the exercise.

Gluteal Sets

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back on a bed or flat surface.

Movement

- Tighten your buttock muscles, hold, then relax and repeat.

Tip

- Make sure to not arch your back and do not hold your breath during the exercise.

Supine Gluteus Stretch

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with one leg bent.

Movement

- Gently pull your bent knee toward the floor on the other side of your body, until you feel a stretch in your buttock and hold.

Tip

- Try to keep your shoulders flat against the floor and your back relaxed during the stretch.

Seated Gluteal Sets

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin in a seated upright position.

Movement

- Tighten the muscles in your buttocks, then relax and repeat.

Tip

- Make sure to maintain good posture during the exercise and do not hold your breath as you tighten your muscles.

Gluteus Mobilization with Foam Roll

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin sitting on a foam roller.

Movement

- Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

- Make sure to keep your movements slow and controlled.

Figure 4 Gluteus Mobilization on Foam Roll

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin sitting on a wrapped foam roll with one ankle resting on your opposite knee. Place one hand on the knee of your crossed leg and apply a gentle pressure.

Movement

- Slowly roll your bottom back and forth over the roll.

Tip

- You can adjust the pressure by changing how much of your body weight is resting on the roll.

Isometric Gluteus Medius at Wall

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin in a standing upright position with your side against a wall.

Movement

- Lift your foot closest to the wall off the ground with your knee bent, and rest your arm on the wall for balance. Gently push your bent knee into the wall, then relax and repeat.

Tip

- Make sure to keep your back straight during the exercise. Think of contracting the muscles in your buttocks as you push your leg into the wall.

Standing Gluteal Set with Overhead Arm Raise and Wall Slide

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2



Step 3

Setup

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

Movement

- Tighten your buttock muscles as you raise your arms overhead. Relax and repeat.

Tip

- Make sure to look straight ahead and focus on engaging your gluteal muscles during the exercise.

Staggered Stance Gluteal Set with Same Side Arm Raise and Wall Slide

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin in a standing upright position with the hand on the opposite side of your surgical leg resting on a wall.

Movement

- Step forward with your uninvolved leg. Tighten the buttock muscles of your surgical leg as you shift your weight forward and slide your arm overhead. Return to the starting position and repeat.

Tip

- Make sure to maintain your balance and keep your hips facing forward. Focus on engaging your buttock muscles during the exercise.