

Home Exercise Program

Login Instructions

Login URL

uofutahhealth.medbridgego.com

Your Access Code

H89H77JR

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.

Romberg Stance

REPS: 1**HOLD: 20
SECONDS****DAILY: 2****WEEKLY: 7****1**

Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.) If you can stand in this position with eyes open for 20 seconds, close your eyes.

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Keep your eyes open and maintain your balance in this position.

Tip

Make sure to maintain an upright posture.

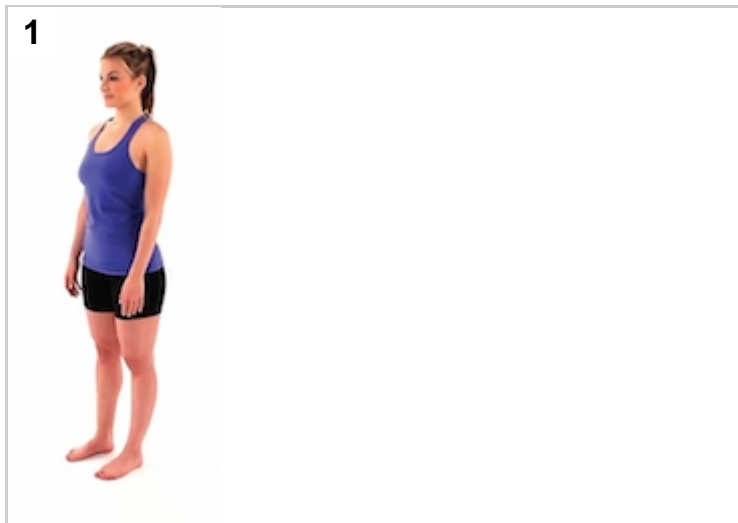
Tandem Stance

REPS: 2-3

**HOLD: 20
SECONDS**

DAILY: 2

WEEKLY: 7



If you can stand in this position with eyes open for 20 seconds, close your eyes. Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.)

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Place one foot directly in front of the other, so you are standing in a heel-to-toe position. Maintain your balance in this stance.

Tip

Try not to move your arms away from your body and make sure to keep your back straight.

Standing Romberg to 1/4 Tandem Stance

REPS: 1-2

HOLD: 20
SECONDS

DAILY: 2

WEEKLY: 7



If you can stand in this position with eyes open for 20 seconds, close your eyes. Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.)

Setup

Begin in a standing upright position with your feet together.

Movement

Move one foot so that it is staggered approximately 1/4 of its length back from your other foot. Stay in this position and maintain your balance.

Tip

Try to keep your back straight and avoid moving your hips or trunk side to side during the exercise.

Standing Romberg to 1/2 Tandem Stance

REPS: 1-2

HOLD: 20
SECONDS

DAILY: 1

WEEKLY: 7



If you can stand in this position with eyes open for 20 seconds, close your eyes. Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.)

Setup

Begin in a standing upright position with your feet together.

Movement

Move one foot so that it is staggered approximately 1/2 of its length back from your other foot. Stay in this position and maintain your balance.

Tip

Try to keep your back straight and avoid moving your hips or trunk side to side during the exercise.

Standing Romberg to 3/4 Tandem Stance

REPS: 1-2

HOLD: 20
SECONDS

DAILY: 1

WEEKLY: 7



If you can stand in this position with eyes open for 20 seconds, close your eyes. Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.)

Setup

Begin in a standing upright position with your feet together.

Movement

Move one foot so that it is staggered approximately 3/4 of its length back from your other foot. Stay in this position and maintain your balance.

Tip

Try to keep your back straight and avoid moving your hips or trunk side to side during the exercise.

Single Leg Stance

REPS: 3-5

**HOLD: 20
SECONDS**

DAILY: 2

WEEKLY: 7



If you can stand in this position with eyes open for 20 seconds, close your eyes. Do exercises standing in a corner. If you lose your balance, take a big step to recover. (Don't use your hands.)

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

Sit to Stand

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.