

Home Exercise Program

Login Instructions

Login URL

uofutahhealth.medbridgego.com

Your Access Code

KM9RT33Y

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.

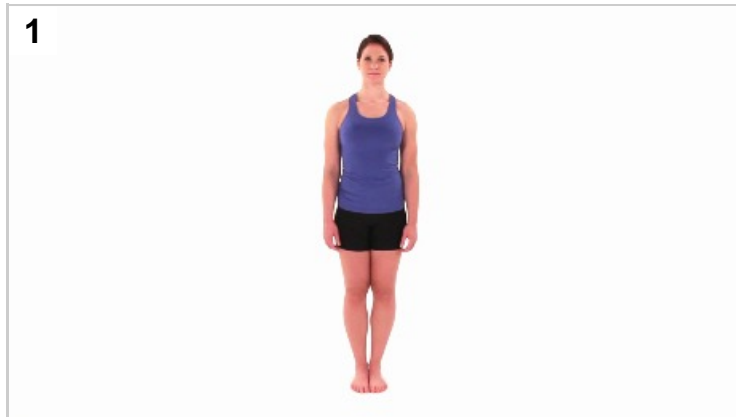


Track your progress

Keep track of your activity and progress throughout treatment and post care.

Romberg Stance

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



For safety, perform standing in a corner, narrow hallway, or inside a door frame. With your eyes open, focus on a stationary object and stand as still as you can for 20 seconds. 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, try closing 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.

Standing Romberg to 3/4 Tandem Stance

REPS: 1-2

HOLD: 20
SECONDS

DAILY: 1

WEEKLY: 7



For safety, perform standing in a corner, narrow hallway, or inside a door frame. With your eyes open, focus on a stationary object and stand as still as you can for 20 seconds. 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, try closing your eyes.

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.

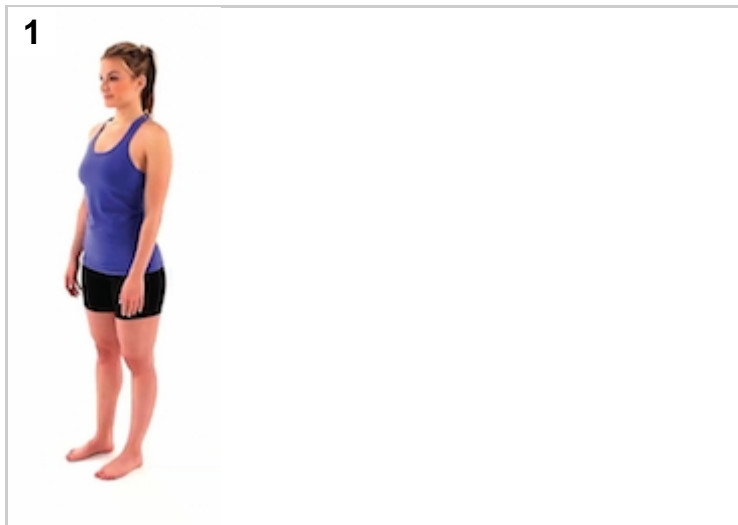
Tandem Stance

REPS: 2-3

**HOLD: 20
SECONDS**

DAILY: 2

WEEKLY: 7



For safety, perform standing in a corner, narrow hallway, or inside a door frame. With your eyes open, focus on a stationary object and stand as still as you can for 20 seconds. 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, try closing your eyes.

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.

Single Leg Stance

REPS: 3-5

**HOLD: 20
SECONDS**

DAILY: 2

WEEKLY: 7



For safety, perform standing in a corner, narrow hallway, or inside a door frame. With your eyes open, focus on a stationary object and stand as still as you can for 20 seconds. 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, try closing your eyes.

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.

Walking Tandem Stance

DAILY: 5

WEEKLY: 7

1



2



Setup

Begin standing in a long, flat, open area.

Movement

Walk forward, placing the heel of one foot directly in front of the toes of your other foot. Continue this heel-to-toe pattern as you walk forward.

Tip

Make sure to keep your back straight as you walk forward.

Walking with Head Rotation

DAILY: 5

WEEKLY: 7

1



2



Setup

Begin in a standing upright position. Perform this exercise in a location that has a long, flat surface.

Movement

Begin walking forward. As you walk, slowly turn your head to the right, then to the left and then back to center.

Keep your head in center, looking at a target, until you feel steady. Then turn your head from side to side again.

Tip

Make sure that you have a safe area to perform this exercise, and keep your movements slow and controlled.

Walking with Head Nod

DAILY: 5

WEEKLY: 7

1



2



Setup

Begin in a standing upright position. Perform this exercise in a location that has a long, flat surface.

Movement

Begin walking forward. As you walk, slowly nod your head up looking at the ceiling, then nod your head down looking at the floor.

Bring your head back to center, staring at a target until you feel steady. Then repeat nodding up and down as you walk.

Tip

Make sure that you have a safe area to perform this exercise, and keep your movements slow and controlled.