

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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Or

Visit

KetteringHealth.medbridgego.com

Access Code: **GRZ8FCW8**

Two Ways to Access



Use the MedBridgeGO app

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- ▶ 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.

Clinician Notes

Aquatic Exercise for Pompe Disease

If you have questions, please email Dr. Kendra Lucas, PT, DPT, CWC

Email: kendra@mermaidwell.com

Diaphragmatic (Belly) Breathing

REPS: 10

SETS: 1

WEEKLY: 3

1



2



Setup

Begin sitting in an upright position with one hand on your upper belly and your other hand on your chest.

Can do this sitting on therapy bench or standing in center pool

Movement

Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.

Tip

You should not feel any movement in your chest as you breathe.

Forward Walking

WEEKLY: 3

1



2



Setup

Begin in a standing upright position in shallow water, holding a hand float in each hand at your sides.

Movement

Walk forward, stepping forward with one foot as you swing your opposite hand forward. Repeat with your opposite arm and leg.

Tip

Make sure to maintain your balance and keep your movements controlled.

Modification: If you are unable to control the movement with your hands underwater, keep your hands on the surface of the water or hold onto swim bar or rail for support

Progression: As you gain more control, increase your walking speed.

Side Walking with Angel Arms

WEEKLY: 3



Setup

Begin in a standing upright position in shallow water, holding a hand float in each hand at your sides.

Movement

Slowly walk sideways, stepping one foot out to your side and raising your arms up to the surface, then step your feet together, returning your hands to your sides (Angel arms). Repeat in the opposite direction to return to the starting position.

Tip

Make sure to maintain your balance and keep your movements controlled.

Modification: If you are unable to control the movement, use smaller hand floats or fan paddles. You can also hold onto swim bar or rail for support.

Progression: As you gain more control, increase your speed with the movement.

Backward Walking

WEEKLY: 3



Setup

Begin in a standing upright position in shallow water.

Movement

Walk backward, placing your toes, then heel on the ground with one foot, and repeat, stepping backward with your other foot. As you step backward with one foot, have your opposite arm swing backward.

Tip

Make sure to maintain your balance and keep your movements controlled.

Modification: If you are unable to coordinate your arms and feet, focus on stepping correctly with your feet.

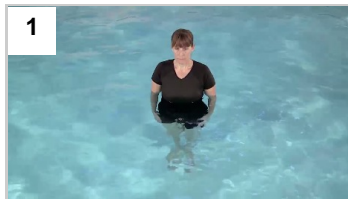
Progression: As you gain more control, hold water weights by your sides for increased challenge.

Aqua Jacks

REPS: 10

SETS: 1

WEEKLY: 3



Setup

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

Movement

At the same time, jump your feet apart and raise your arms out to your sides. Jump your feet together to return to the starting position and repeat.

Tip

Make sure to land with a **slight bend in your knees** with each jump and keep your movements controlled during the exercise.

Modification: If you are unable to control the movement, slow down.

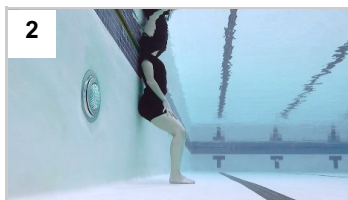
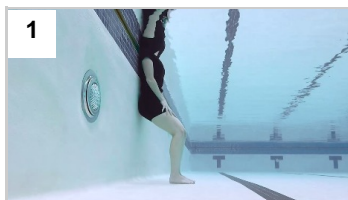
Progression: As you gain more control, increase your speed for more intensity.

Pelvic Tilt at Pool Wall

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your back against the pool wall and your knees bent.

Movement

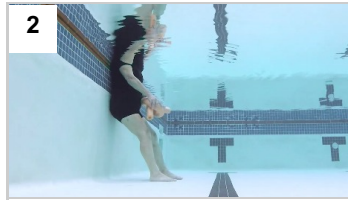
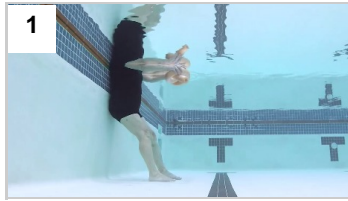
Arch your back, keeping your bottom and shoulders on the wall, making a space between your low back and the pool wall. Reverse the motion to round your back and press into the pool wall. Return to the starting position and repeat.

Tip

Try to coordinate your breath with the movement. Inhale as you arch your back and exhale as you round your back.

Core Press with Noodle

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin standing upright in shallow water with your back against the pool wall. Tie the noodle into a knot and hold it out in front of your body.

Movement

Keeping your arms straight, press the noodle down to your waist, then slowly bring it back to the starting position and repeat.

Tip

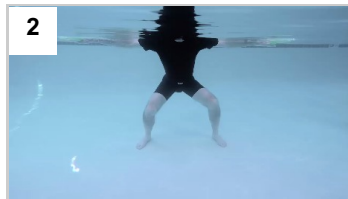
Make sure to engage your abdominal muscles and keep your upper and low back against the wall during the exercise.

Regression: Press the noodle one inch under the water

Progression: As you gain more control, increase your speed with the movement.

Core/Back Series: Shoulder Abduction/Adduction

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a mini squat position in shallow water with your arms out to your sides, holding a hand paddle in each hand on the surface of the water.

Movement

Pull your arms down to your sides, keeping your arms straight, then slowly return to the starting position and repeat.

Tip

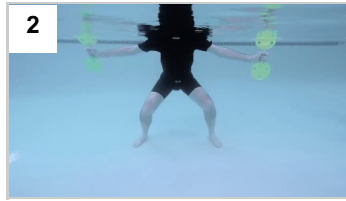
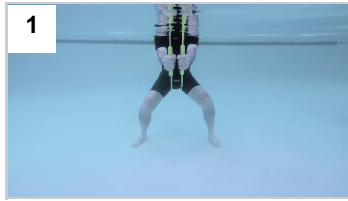
Make sure to engage your abdominals and keep your wrists straight during the exercise. Do not let your trunk lean during the arm movement.

Modification: If you are unable to maintain your balance, lean your back against the pool wall.

Progression: As you gain more control, increase your speed with the movement.

Core/Back Series: Horizontal Abduction/Adduction

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a mini squat position in shallow water, holding hand paddles, with both arms forward just below the surface of the water.

Movement

Pull your arms out to your sides, keeping your arms straight, then return to the starting position and repeat.

Tip

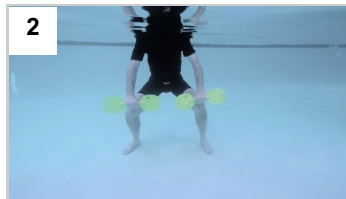
Make sure to engage your abdominals and keep your wrists straight during the exercise. Do not let your trunk lean during the arm movement.

Modification: If you are unable to maintain your balance, lean your back against the pool wall.

Progression: As you gain more control, increase your speed with the movement.

Core/Back Series: Flexion/Extension

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a mini squat position in shallow water with your arms straight forward, holding a hand paddle in each hand on the surface of the water.

Movement

Press your arms down toward the ground, keeping your arms straight, then slowly return to the starting position and repeat.

Tip

Make sure to engage your abdominals and keep your wrists straight during the exercise. Do not let your trunk lean during the arm movement.

Modification: If you are unable to maintain your balance, lean your back against the pool wall.

Progression: As you gain more control, increase your speed with the movement.

Plank on Long Hand Float with Arm Lifts

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin in a standing upright position with your feet hip width apart in shallow water, holding a long float in both hands.

Movement

Slowly lean forward into a plank position, pressing the float under the water. Maintaining the plank position, slowly move the long float up and down.

Tip

Make sure to engage your abdominals and maintain your balance during the exercise. Do not let your back arch.

Modification: If you are unable to control the full arm movement start with small arm movement.

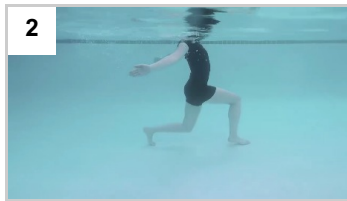
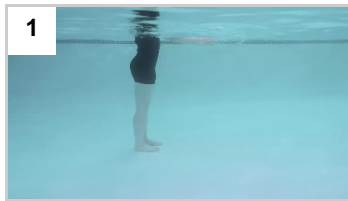
Progression: As you gain more control, coordinate your breath with the movement, inhaling as you lift your arms and exhaling as you lower them. You can also change out the long hand float for 2 barbell hand floats.

Alternating Forward Lunge

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin in a standing upright position in shallow water with your arms straight forward in front of you.

Movement

Take a step forward with one leg into a lunge position as you open your arms. Return to the starting position and repeat with your opposite leg.

Tip

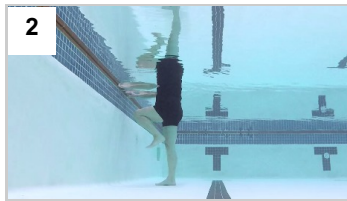
Make sure to keep your core engaged and maintain your balance during the exercise.

Modification: If you are unable to maintain your balance, hold onto the pool wall.

Progression: As you gain more control, increase your speed with the movement and/or and resistance.

Standing March at Pool Wall

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin standing upright in shallow water facing the pool wall, holding the wall for support.

Movement

Lift one knee up toward your chest, then slowly lower your leg back to the starting position and repeat with the opposite leg. Continue to alternate legs as you march.

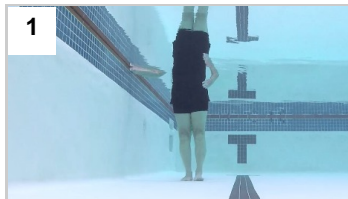
Tip

Make sure to keep your chest upright and squeeze the buttock muscles on your standing leg to help maintain your balance.

Progression: As you gain more control, only hold onto the wall with one hand or hover your hands over the wall.

Standing Hip Abduction Adduction at Pool Wall

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a standing upright position in shallow water, holding onto the pool wall at your side.

Movement

Shift your weight to stand on one leg, then lift your opposite leg off the ground and out to the side. Return to the starting position and repeat.

Tip

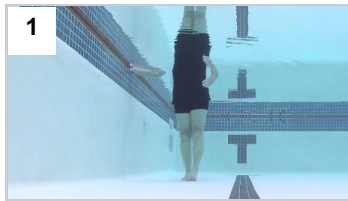
Make sure to maintain an upright posture and keep your pelvis level during the exercise. Modification: If you are unable to maintain an upright posture, make smaller movements. Progression: As you gain more control, increase your speed with the movement.

Standing Hip Circles at Pool Wall

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin in a standing upright position in shallow water, holding onto the pool wall at your side.

Movement

Shift your weight to stand on one leg, then lift your opposite leg off the ground and draw circles with your heel. Repeat in the opposite direction.

Tip

Make sure to maintain an upright posture and keep your pelvis level during the exercise.

Modification: If you are unable to maintain an upright posture, make smaller movements.

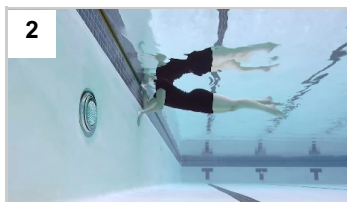
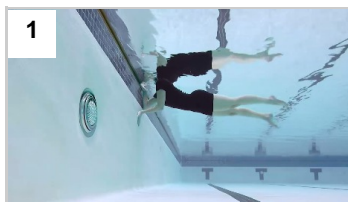
Progression: As you gain more control, increase your speed with the movement.

Flutter Kick at Pool Wall

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin standing upright in shallow water facing the pool wall.

Movement

Lean forward to grab the edge of the wall with one hand while placing your other hand lower on the wall with your fingers pointing down. Push against the wall to lift your body up so you are parallel with the surface of the water. Make small kicks with your legs.

Tip

Make sure to engage your core during the movement.

Add a noodle under your hips as needed

Frog Kick at Pool Wall

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin standing upright in shallow water facing the pool wall.

Movement

Lean forward to grab the edge of the wall with one hand while placing your other hand lower on the wall with your fingers pointing down. Push against the wall to lift your body up so you are parallel with the surface of the water. Bend your knees and bring your legs apart, then quickly straighten and push your legs together. Repeat.

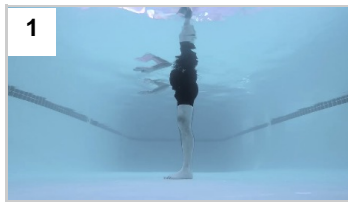
Tip

Make sure to keep your core engaged during the exercise.

Add a noodle under your hips as needed

Squat

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a standing upright position in shallow water with your feet hip width apart.

Movement

Slowly bend your knees to lower into a squat position, keeping your chest upright. Hold briefly, then press into your feet to return to standing, and repeat.

Tip

Make sure to keep your heels on the ground and maintain your balance during the exercise. Do not let your knees bend forward past your toes or collapse inward.

Modification: If you are unable to control the movement, do not lower into as deep of a squat or hold onto hand floats.

Progression: As you gain more control, increase your speed with the movement.

Squat and Arm Circles with Hand Floats

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin in a standing upright position in shallow water, holding a hand float in each hand in front of you on the surface of the water.

Movement

Slowly bend your knees and lower your body into squat position as you press your hands forward, then down and around. Press into your feet as you return to the starting position, and repeat.

Tip

Make sure to keep your core engaged and maintain an upright posture during the exercise.

Modification: If you are unable to control the movement, do not use the hand floats.

Progression: As you gain more control, increase your speed with the movement.

Single Leg Stance

HOLD: 30 SEC	WEEKLY: 3
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Setup

Begin standing upright in shallow water with your hands clasped in front of you.

Movement

Lift one foot off the floor, balancing on your other leg.

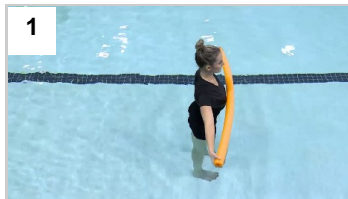
Tip

Make sure to engage your core to help you balance. Try to stay as still as possible during the exercise.

Warrior II in Shallow Water with Pool Noodle

HOLD: 30 SEC

WEEKLY: 3



Setup

Begin standing upright in shallow water with your feet shoulder width apart and your arms out to your sides, holding the ends of a noodle in each hand.

Movement

Take a large step backward with your foot turned out to the side as you rotate your torso in the same direction so your arms are in line with your legs, keeping your head facing forward. Hold this position.

Tip

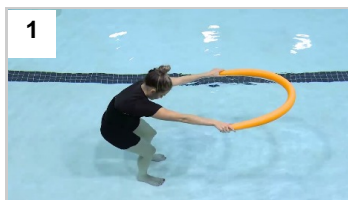
Make sure to engage your core during the exercise. Focus on fully extending your arms and grounding your feet to the pool floor.

Cat Cow in Shallow Water with Pool Noodle

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin standing upright in shallow water, holding the ends of a noodle in each hand.

Movement

Slowly round your back, bending your knees and leaning your head forward while keeping your arms straight in front of you. Then, lift your face up toward the ceiling and bring your arms back, arching your back.

Tip

Make sure to maintain your balance during the exercise.

Progression

As you gain more control, coordinate your breath with the movement. Exhale as you round your back, and inhale as you arch your back.

Quad Stretch with Noodle at Pool Wall

HOLD: 30 SEC	WEEKLY: 3
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Setup

Begin standing upright in shallow water with your back against the wall, holding a noodle in both hands.

Movement

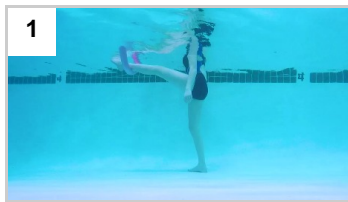
Lift one leg up so your ankle is resting on the noodle, then turn to face the wall, bending your suspended leg and holding on to the wall for balance. Hold this stretch.

Tip

Make sure to keep your core engaged and keep your bent knee close to your standing leg.

Hamstring Stretch with Noodle

HOLD: 30 SEC	WEEKLY: 3
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Setup

Begin standing tall, holding onto the pool wall at your side with your outside leg raised straight in front of you and resting on a pool noodle.

Movement

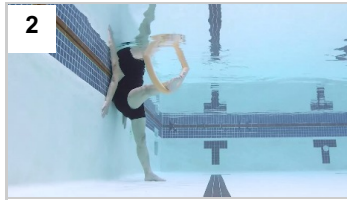
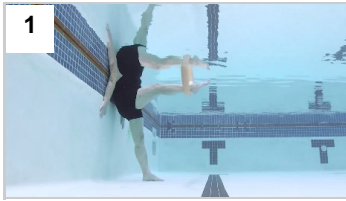
Keep your leg relaxed and let the noodle hold your leg up so you feel a light stretch in the back of your leg. Hold this position, then relax and repeat.

Tip

Make sure that the noodle is not too big for you to control the stretch. If your muscles are tighter, stand in shallower water.

Side to Side Hamstring Stretch with Noodle at Pool Wall

REPS: 10	SETS: 1	WEEKLY: 3
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Open leg out and close leg crossing middle

Setup

Begin standing upright in shallow water with your back against the pool wall. Balance on one leg and position your other leg in front of you with your ankle resting on a noodle.

Movement

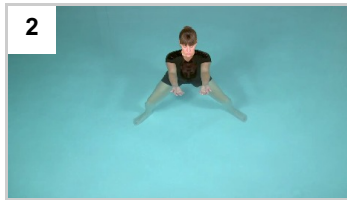
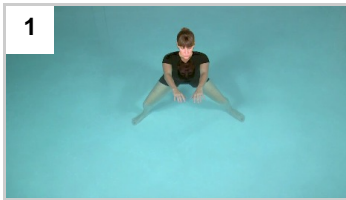
Move your suspended leg to the out to your side while keeping your leg straight, then switch directions and move it across your body to the other side. Repeat.

Tip

Make sure to keep your leg straight and engage your abdominals for balance.

Ai Chi: Contemplating

REPS: 10	SETS: 1	WEEKLY: 3
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Setup

Begin with your legs in a wide, semi-squat position, and your arms straight forward, palms down.

Movement

Inhale through your nose and turn your palms up. Exhale through pursed lips and turn your palms down. Repeat.

Tip

Make sure to relax in the position and feel the support of the water. Move slowly and synchronize your breathing with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall.

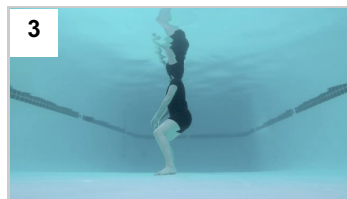
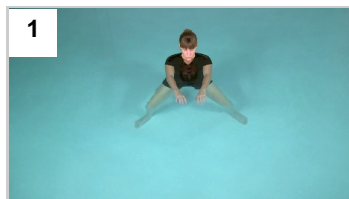
Progression: Focus on feeling your body gently raise up as you inhale and lower as you exhale.

Ai Chi: Floating

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your legs in a wide, semi-squat position, and your arms straight forward, palms down.

Movement

Exhale through pursed lips as you press your hands down to your legs. Inhale as you turn your palms up and let your arms rise up to the surface of the water. Repeat.

Tip

Make sure to relax in the position and feel the support of the water. Move slowly and synchronize your breathing with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall.

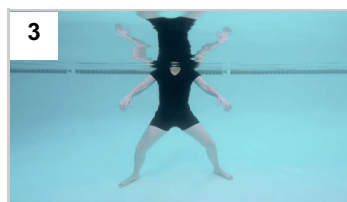
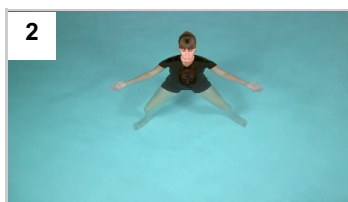
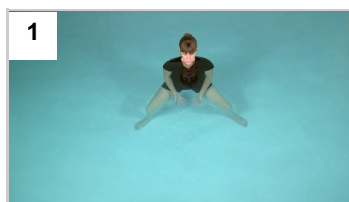
Progression: Focus on feeling your body gently raise up as you inhale and lower as you exhale.

Ai Chi: Uplifting

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your legs in a wide, semi-squat position, and your arms straight under the water and in front of you, palms facing your body.

Movement

Inhale through your nose, turning your palms up, as you let your arms rise up out to your sides just under the surface of the water. Exhale through pursed lips, turning your palms down, as you slowly lower your arms to the original position. Repeat.

Tip

Make sure to relax in the position and feel the support of the water. Move slowly and synchronize your breathing with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall.

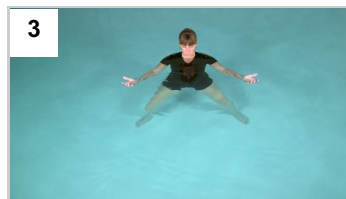
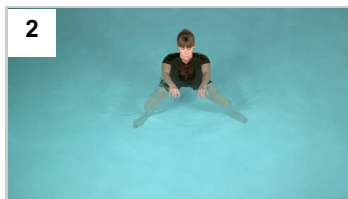
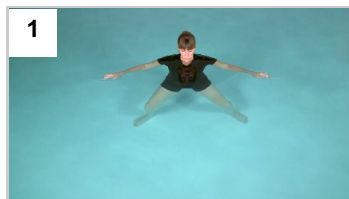
Progression: Focus on feeling your body gently raise up as you inhale and lower as you exhale.

Ai Chi: Enclosing

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your legs in a wide, semi-squat position, and your arms straight out to your sides, resting on top of the water, palms up.

Movement

Exhale through pursed lips, turning your palms down, as you bring your arms together in front of you on top of the water. Inhale through your nose, turning your palms up, as you let your arms return to the starting position. Repeat.

Tip

Make sure to relax in the position and feel the support of the water. Move slowly and synchronize your breathing with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall.

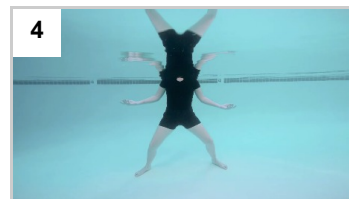
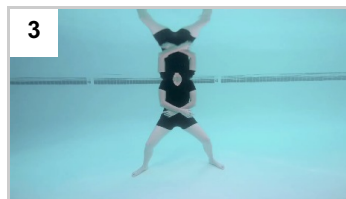
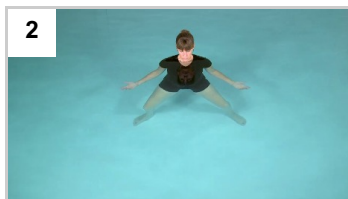
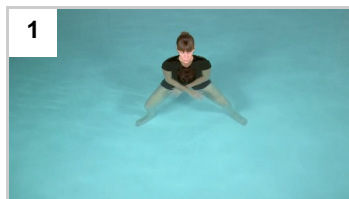
Progression: Feel your chest expand and shoulder blades squeeze together with each inhalation. Try to make each breath a little deeper with each repetition.

Ai Chi: Folding

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your legs in a wide, semi-squat position, and your arms bent at your sides and forearms crossed in front of your stomach, palms down.

Movement

Inhale through your nose, turning your palms up, as you rotate your forearms outward, keeping your elbows close to your side. Exhale through pursed lips, turning your palms down, as you return to the starting position. Repeat.

Tip

Make sure to keep your elbows close to your sides as you rotate your forearms outward. Move slowly and synchronize your breath with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall.

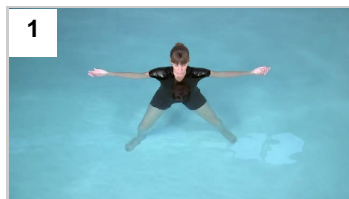
Progression: Feel your chest expand and shoulder blades squeeze together with each inhalation. Try to make each breath a little deeper with each repetition.

Ai Chi: Soothing

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin with your legs in a wide, semi-squat position, and your arms straight out to your sides, resting on top of the water, palms up.

Movement

Exhale through pursed lips, turning your palm down, as you bring your right arm across your body on top of the water. Inhale through your nose, turning your palm up, as you return your arm to the starting position. Repeat with your right arm, then repeat with your left arm.

Tip

Make sure to keep your head, shoulders, and pelvis facing forward during the movement. Move slowly and synchronize your breath with the movement.

Modification: If you are unable to maintain your balance in the middle of the pool you may rest your back against the wall. You can choose to turn one palm or both palms up and down at the same time.

Progression: Feel your chest expand and shoulder blades squeeze together with each inhalation. Try to make each breath a little deeper with each repetition.

Trunk Elongation Side to Side

REPS: 10

SETS: 1

WEEKLY: 3



Setup

Begin in a wide stance position in chest deep water. Help patient lie on their back, resting their head on your shoulder with a pool noodle supporting their legs as needed. Place your hands flat on either side of patient's ribcage to support their upper trunk.

Movement

Slowly turn in a semi circular motion allowing their body to bend side to side. As you switch directions, gently press on the outside of their trunk to help further lengthen their trunk.

Tip

Make sure to move slowly and fluidly during the exercise. Do not move your feet; you only need to rotate side to side.

Wear a neck collar for additional head support