

## Basic Physical Therapy Equipment List

Use the following list as a starting point and mental checklist to help you analyze your particular needs as you venture into your new practice. Clinical expertise,

available space, available budget, prospective patient population, risk management, and the local market will all play a role in selecting equipment.

### Office Equipment

- Desk
- Chairs
- Waiting room furniture
- Door mats
- Various cleaning supplies
- Trash cans / Bags
- Computer, software, hardware
- EMR, Billing, & Accounting software
- Cash box
- Filing cabinet
- Patient chart materials
- Multi-function copier/fax/scanner
- Washer / Dryer / Laundry basket
- Refrigerator / Microwave
- Coffee maker
- Various kitchen / break room supplies
- Business stationery
- Referral pads
- Business cards
- Brochures, etc.
- Consult your office manager for ideas.

### Devices for Tests and Measures

- Goniometers
- Tape measures
- Grip dynamometer
- Manual muscle testing dynamometer
- Reflex hammer
- Neurological testing instruments
- Blood pressure cuff
- Stethoscope
- Thermometer
- Video analysis hardware & software
- FCE testing equipment or system

### First-Aid & Medical Supplies

- First Aid Supplies
  - Band aids: assorted sizes
  - Rubbing alcohol
  - Tongue depressors
  - Cotton swabs
  - Gauze
  - Athletic tape
  - Ace wrap
- A.E.D.

### Basic P.T. Equipment

- Treatment tables: wooden plinths
- Treatment tables: high-low adjustable
- Mat table
- Treatment room cabinets, chairs
- Large mirror for visual feedback
- Adjustable height exercise steps
- Linens: gowns, towels, sheets, pillows, pillowcases, blanket, etc.
- Step stools
- Therapist stools on wheels
- Variety of bolsters, wedges, supports
- Mobilization belts and devices
- Gait belt
- Various assistive devices
- Taping supplies
- Orthotics / Splinting materials

### In-House Educational Materials

- Skeleton
- Anatomical posters
- Anatomical models
- Tablet / Computer for patient education
- Health education posters

## Basic Physical Therapy Equipment List (Continued)

<b>Basic Modalities</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Hydrocollator with hot packs</li> <li><input type="checkbox"/> Small freezer for cold modalities</li> <li><input type="checkbox"/> Ice packs</li> <li><input type="checkbox"/> Ice massage cups</li> <li><input type="checkbox"/> Vaso pneumatic compression device</li> <li><input type="checkbox"/> Massage cream</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Multiple mode electrical stimulator</li> <li><input type="checkbox"/> Electrodes</li> <li><input type="checkbox"/> Traction unit, table and accessories</li> <li><input type="checkbox"/> Iontophoresis unit</li> <li><input type="checkbox"/> Paraffin bath</li> </ul>
<p><b>Fitness / Exercise Equipment</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adjustable height pulleys</li> <li><input type="checkbox"/> Dumbbells: complete set of paired weights in 1# increments, 1-10#</li> <li><input type="checkbox"/> Dumbbells: 10#, 15#, 20#</li> <li><input type="checkbox"/> Cuff weights: set of paired weights in 1# increments, 1-10#</li> <li><input type="checkbox"/> Resistive tubing / Bands</li> <li><input type="checkbox"/> Putty</li> <li><input type="checkbox"/> Reciprocal pulley</li> <li><input type="checkbox"/> Medicine balls</li> <li><input type="checkbox"/> Supine shuttle-style leg press machine</li> <li><input type="checkbox"/> Multi-purpose, multi-joint, adjustable resistive machine</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Treadmill</li> <li><input type="checkbox"/> Upper Body Ergometer</li> <li><input type="checkbox"/> Upright / Recumbent Bike</li> <li><input type="checkbox"/> Parallel bars or wall bars</li> <li><input type="checkbox"/> Balance boards—assorted types</li> <li><input type="checkbox"/> Various sports performance equipment: medicine balls, rebounder, agility ladder, plyometric station, sport specific equipment</li> <li><input type="checkbox"/> Foam rolls</li> <li><input type="checkbox"/> Gym ball</li> <li><input type="checkbox"/> Lateral slide device</li> <li><input type="checkbox"/> EMG biofeedback or diagnostic equipment</li> </ul>