



Telehealth Home Equipment Summary

This resource has been created to provide you with a summary of the items/equipment that you have available at your home which could be utilized to assist with the performance of your therapy during your telehealth treatment sessions. During your session, please review the available items with your therapist. It is recommended to keep these items close to where you plan to participate in your virtual treatment sessions, in a laundry basket, trash bag, or box, so they are accessible if needed. Please plan for treatment to occur in a room with plenty of space.

Items/Equipment:

Physical Therapy (i.e. Leg, back, neck, shoulder rehabilitation)

- | | |
|---|--|
| <input type="radio"/> Hand towel | <input type="radio"/> Hand weights _____ # _____ # |
| <input type="radio"/> Bath towel | <input type="radio"/> Soccer ball or playground ball |
| <input type="radio"/> Plastic cups | <input type="radio"/> Tennis or racket ball |
| <input type="radio"/> Chair (hard back) | <input type="radio"/> Therapy ball (large ball for sitting/exercise) |
| <input type="radio"/> Bed or yoga mat | <input type="radio"/> Canned food |
| <input type="radio"/> Counter | <input type="radio"/> Belt or dog leash |
| <input type="radio"/> Doorway | <input type="radio"/> Pillow |
| <input type="radio"/> Stairs/step | <input type="radio"/> Water bottle |
| <input type="radio"/> Broom handle | <input type="radio"/> Treadmill/elliptical |
| <input type="radio"/> Therabands (i.e. Colored strengthening bands) | <input type="radio"/> Stationary bike |
| <input type="radio"/> Foam roll (full or half) | <input type="radio"/> Write in: _____ |

Hand Therapy (i.e. Wrist, hand, forearm, elbow rehabilitation)

- | | |
|---|---|
| <input type="radio"/> Hammer | <input type="radio"/> Hand weights _____ # _____ # |
| <input type="radio"/> Dried beans | <input type="radio"/> Plastic cups |
| <input type="radio"/> Dried rice | <input type="radio"/> Tennis or racket ball |
| <input type="radio"/> Canned food | <input type="radio"/> Hand towel |
| <input type="radio"/> Counter/table | <input type="radio"/> Utensils – fork, spoon, knife |
| <input type="radio"/> Therabands (i.e. Colored strengthening bands) | <input type="radio"/> Water bottle |
| <input type="radio"/> Putty or Play-Doh | <input type="radio"/> Write in: _____ |

Patients can also purchase physical therapy supplies at My PT Store and receive a 10% discount using code **ATH1** at checkout. <https://www.athletico.com/our-company/myptstore/>