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

**Hand Therapy (i.e. Wrist, hand, forearm, elbow rehabilitation)**
- Hammer
- Dried beans
- Dried rice
- Canned food
- Counter/table
- Therabands (i.e. Colored strengthening bands)
- Putty or Play-Doh
- Hand weights
- Plastic cups
- Tennis or racket ball
- Hand towel
- Utensils – fork, spoon, knife
- Water bottle
- 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/](https://www.athletico.com/our-company/myptstore/)