

EQUIPMENT and RESOURCES LIST

Measurement Equipment & Instruction Tools

Kyphorodosis Measurement Using a Flexible Curve Technique CD – 4 patient examples. 800-999-2782 x3238 www.geriaticsppt.org

Flexible Curve Purchasing Information:

[Hearlihy.com](http://www.hearlihy.com) (866-622-1003/ 800443-2260) PO Box 1747, Pittsburg, KS 66762-1708 \$7.20 24" flexible curve Vinyl-covered lead curves contour to any shape. Min radius is 1" (W70702) <http://www.hearlihy.com/store/detail.aspx?KeyWords=flexible%20curve&by=20&ID=367>

SECA Stature Measurement Board – (stadiometer) Alimed 781-329-2900

Sagittal Assessment Gauge

SpineSmith Laboratories LLC (800) 748-4270 4983 South Jewel Ave; Springfield, MO 65810;

Exercise & Patient Education Videos, Books

Patient Exercise Videos from UConn Health Center:

The Osteoporosis Dance Video (\$12.95) (Call Kim Wolfe, UCHC Center on Aging, 860-679-3956)

Bones & Balance I & II (\$19.95 ea. or \$34.95 together +\$4.95 for shipping & handling) (860-679-3233)

“Stand Tall” Video – alignment, body mechanics, core strengthening, bone health for older adults. <https://www.91.sslldomain.com/geriaticsppt/str/Results.cfm> / 800-999-2782 ext 3238

Patient Books & Exercise Videos from Phoenix Core

Solutions: <http://www.phoenixcoresolutions.com/> (800-549-8371) DVD's: **Abdominal Core Power** \$49 **Roll for Control -Bones, Bottoms, & Balance** \$59.95 Books: **Geriatric Incontinence: A Behavioral & Exercise Approach to Treatment** and **Solving the Mystery of the Pelvic Rotator Cuff** by Janet A Hulme, MA,PT

Improving Balance and Decreasing Fall Risk Using T'ai Chi. Book and course by **Jon Ruttenberg, MS,PT** 3635 Old Court Rd, Ste 311, Baltimore, MD: Oak Tree PT, LLC; 2004. **Video: The 8 Ways: T'ai Chi – Based Balance Exercises** 800-830-5949 www.oaktrept.com

The FitnessBalloon – gentle strengthening with easy to read manual. Jane Davis, PT, (800) 330-6406 fitnessballoon@gmail.com

The Osteoporosis Exercise Book- Building Better Bones 2nd ed. Large print. **Pilates for Seniors – The Osteoporosis Workout** Exercise DVD – most exercises in sitting or standing – **excellent body mechanics**. Sherri Betz, PT, 888-229-5334 www.therapilates.com

Boning Up on Osteoporosis booklet (\$3.00)

National Osteoporosis Foundation 202-223-2226

APTA Patient Care Pamphlets 800-999-2782

What You Need to Know About **Osteoporosis**

The Secret of Good **Posture**

What You Need to Know About **Balance & Falls**

“Prepare for Surgery, Heal Faster” book and CD or tape by Peggy Huddleston (800) 726-4173

www.HealFaster.com

“Monitoring Clinical Responses To Exercise” Joanne Watchie MA, PT, CCS, Chris Wells PhD, PT, CCS, ATC, 44pp, \$5CV&P/ \$10 <http://www.cardiopt.org/products.cfm>

Patient Care Equipment

Alimed 781-329-2900 <http://www.alimed.com/>

Ali-Med Accommodator **Arch Supports** - #681

Procure Universal Adjustable **Clavicle Splint** (\$24.15)

<http://procure.bracesupports.com/clavicle%20support/universal%20clavicle%20support.htm> (800)-460-0041

Professional's Choice Neoprene Lumbo Sacral Support

http://www.discounthorse.com/show_product/500381

DiscountHorse.com (888) 324-4759

DM Posture Corrector, www.optp.com

Mayo Posture Training Support Camp Model 16506

Camp International (800) 492-1088

Hip Protector Pads:

Hip Saver (soft, validated) <http://hipsaver.com.au/>

Safehip, (800) 854-4687/ www.safehip.com

Impact Bodywear / www.impactbodywear.com

BedSpecs - Item #791J Swift Instruments Inc.,

952 Dorchester Avenue; Boston, MA 02125

Rolyan Kinesio Tex Tape Smith-Nephew Rolyan

1-800-558-8633/ FAX 1-800-545-7758

www.smith-nephew.com/us/rehab

Juvent 1000 DMT **linear actuator vertical whole body vibration (WBV) machine**

(877) 209-9600/ FAX (732) 748-0004/ www.Juvent.com

Multi-braking walkers with seat

Invacare Stargazer

Sam Hall Starlite Rollator 300 Long Beach Boulevard Stratford, CT 06497/ (203) 380-0000

Demi-Featherweight - Essential Medical Supply Company

Designed for shorter people – seat 2 inches lower, walker

Weights only 12 pounds, loop brakes