

While the physical therapist's practice space may be amply outfitted with equipment for rehabilitation and fitness, patients maximize their gains by continuing their efforts at home and/or at the gym. Smaller accessories such as balls, bands, cables, balance boards, rollers, pulleys, bars, and rings travel easily and supplement in-office sessions with treadmills, bikes, and other machines. With wide-ranging options available based on body need and function, choose tools and accessories that you prefer and that your patients like working with.

PILATES EQUIPMENT

The CoreAlign® from Balanced Body®, Sacramento, Calif, developed by physical therapist Jonathan Hoffman, enables core-stability muscles to fire in perfect timing for improved posture, balance, and functional movement. It delivers an exercise/rehabilitation experience that combines cardiovascular work with the mind-body elements of exercise like Pilates. With a vertical support unit (ladder), hundreds of exercises are possible. The CoreAlign is effective for gait training, neuromuscular retraining, and postrehabilitation. Comprehensive training is available.



For more information, contact Balanced Body, (800) 745-2837; www.pilates.com/corealign.

FUNCTIONAL TRAINING TOOL

SPRI Products Inc, Libertyville, Ill, offers its STEP360™, a versatile, functional training tool that combines a stable platform atop dual inflatable oscillating air chambers for a valuable balance challenge during a multitude of functional and traditional exercises. Users of all exercise levels can use the tool to add excitement to their routines, improve core strength and stability, maximize exercise efficiency, and achieve optimal performance through 360° of movement.



For more information, contact SPRI Products, (800) 222-7774; www.spri.com.

REHAB REFORMER

STOTT PILATES®, Toronto, offers its Rehab Reformer, which is ideal for rehabilitation exercise. It is higher off the ground than other Reformers, facilitating easier mounts and dismounts for mobility-challenged clients. Pilates is an ideal method to monitor and maintain progress beyond the acute stage of rehabilitation, and it can benefit patients with acute injuries, chronic musculoskeletal disorders, and biomechanical dysfunction; active aging clients; athletes with injuries; and patients recovering from surgery or other medical treatments.



For more information, contact STOTT PILATES, (416) 482-4050; www.stottpilates.com.

REHABILITATION AND FITNESS PULLEYS

Brookdale Medical Specialties, Woodbridge, Ontario, Canada, offers the Response™ line of fitness and rehabilitation equipment, including unique combo units, range limiters, and multistations. The new R2910E Euro Pulley and Action/Speed pulleys are frameless units that can be customized to meet the usage requirements of rehabilitation centers. The pulley is available with a 50-pound weight stack in 2.5- and 5-pound plates, and travels from 8 to 80 inches in 3-inch increments. Mini 30-pound and custom stacks are available. Handles have a 180° pivot articulation. Standard attachments include ankle and shoulder straps, a lat or tricep bar, and hand grips.



For more information, contact Brookdale Medical Specialties, (800) 655-1155; www.brookdalemedical.com.

KNEE EXTENSION DEVICE

The elite seat®, by Kneebourne Therapeutics, Noblesville, Ind, is a portable knee-extension device designed for nonoperative treatments of degenerative knee conditions. By evenly distributing force across the leg, the elite seat is an effective device for achieving full-knee hyperextension and reducing pain in bent knees caused by acute ACL injury, inadequate postoperative rehabilitation after ACL reconstruction, or total knee arthroplasty. With proper use, the elite seat helps patients significantly increase knee extension, decrease pain level, and improve the overall function of the affected knee.



For more information, contact Kneebourne Therapeutics, (866) 756-3706; www.kneebourne.com.

LATEX RESISTANCE BANDS AND TUBING

Stretchwell Inc, Warminster, Pa, offers a full range of latex resistance bands and tubing. Since its debut in 1994, its flagship product—Fitlax Therapy Bands—has been made of high-quality and green-friendly continuously dipped latex sheets. They are virtually free of soluble proteins and are color-coded by the easy-to-remember ROY G BIV progressive system of resistance. The 18-, 75-, and 150-foot rolls are marked every foot for easier cutting, measuring, and identification. You are buying direct when you purchase with Stretchwell.



For more information, contact Stretchwell Inc, (888) 396-2430; www.stretchwell.com.

SANDBELLS

MF Athletic/Perform Better, Cranston, RI, introduces SandBells—a cross between a sand-bag and a dumbbell that is useful for all dumbbell, kettlebell, medicine ball, and body-weight exercises. The SandBell's unique disc shape challenges grip strength, and because it is made of tough but stretchy neoprene, its shape is always changing. SandBells are soft and safe, and the user fills the SandBell with whatever fill material is desired. SandBells are available in sizes 10 to 50 pounds.



For more information, contact MF Athletic/Perform Better, (800) 556-7464; www.performbetter.com.

PULLEYS

The pulley line from Endorphin, Pinellas Park, Fla, is completely adjustable in 2-inch increments and offers a very small footprint. Each pulley can be ordered on a single freestanding/mobile frame; wall mounted; or as a double, tri, or quad pulley. The 390 is a standard adjustable pulley with a single handle, while the 393 is a bilateral adjustable pulley with two handles and a lat pull station. The 395 is an adjustable speed pulley designed for resistive/explosive gate and static/dynamic movements. Pulleys can feature 37.5 to 50 pounds of resistance weight, with a 2.5-pound top plate and 1.25-pound increment changes. Additional pulley options are available to fit the needs of every facility.



For more information, contact Endorphin Corp, (800) 940-9844; sales@endorphin.net; www.endorphin.net.

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