

# REHAB CORE PHYSICAL THERAPY

## www.ScoliosisHope.com

### EQUIPMENT LIST

- Chin up bar - if you don't have a wall bar( <http://www.amazon.com/Sunny-Health-Fitness-Door-Chin/dp/B0016BNDXI> ) or ( <https://www.amazon.com/gp/product/B01KN17NTQ/> )
- Loop Strap ( <https://www.amazon.com/Original-Stretch-Strap-Exercise-OTP/dp/B00065X222> )
- 6 feet Thera-band (blue/green color)
- Exercise Mat ( <http://www.amazon.com/gp/product/B00GFZHVW4> )
- Air Stability Wobble Cushion ( <https://www.amazon.com/gp/product/B007LX6MPG> )
- OTP Mulligan mobilization belt ( <https://www.amazon.com/OTP-Mulligan-Mobilisation-Belt-635/dp/B002C9GNTY> )
- Physio Ball (check size 55", 65" or 75") ( <https://www.amazon.com/dp/B07RX3645K> )
- Small Ball
- Velcro/Waist belt ( Available for sale in the office )
- Exercise support pads ( Available for sale in the office )

### Optional:

- 2 Wooden poles (7' tall) ( Available for sale in the office )
- Pilates Ring ( <https://www.amazon.com/gp/product/B078KFF7ND/> )
- Wall bars
- Exercise weights
- Stool and step stool
- Small and Large Towels
- Full body mirror

### Things from Home that can also be used for Exercise:

- Rolling pin
- Water bottles/food cans
- Hard cover books
- Paper plates