



PHYSICAL THERAPY EQUIPMENT BUYING GUIDE

800.338.2372
cmecorp.com

Physical Therapy is an effective means of stimulating recovery and healing. Science has shown that physical therapy soon after illness or surgery helps reduce pain, discomfort, and restore mobility and function to the body.

Choosing the right physical therapy (PT) equipment is important to ensuring patients receive the most effective rehabilitation for their needs. In today's climate of high and escalating equipment costs, investing the time to carefully assess the needs of the rehabilitation facility and create a comprehensive physical therapy equipment list is almost imperative.

This article will suggest features to look for to curate a list of versatile physical therapy equipment and offers a sample comprehensive physical therapy equipment list.

We will discuss:

- Purchasing Physical Therapy Equipment: Points to Consider
- Physical Therapy Equipment Essential Features
- Physical Therapy Equipment Checklist
- Physical Therapy Equipment FAQs

PURCHASING PHYSICAL THERAPY EQUIPMENT: POINTS TO CONSIDER

While the process of vetting and purchasing PT equipment varies across physical therapy organizations and facilities there are several common factors to consider before signing that purchase order.

Facility Focus and Patients Served

Many, if not most, physical therapy facilities offer PT services for a broad range of body parts and patients. However, it is important to **consider specialties when determining what PT equipment to purchase**. Common specialties include:

- Neurological PT
- Occupational PT
- Geriatric PT
- Pediatric PT
- Rehabilitative PT
- Hand Therapy

Choosing equipment that can be used for several specialized physical therapy disciplines is always a best practice. While selecting equipment that is age appropriate can mitigate the risk of further injury or ineffective treatment.

Budget

Although the purchase price of equipment is the most obvious consideration, there are other indirect and sometimes hidden costs associated with the purchase of PT equipment. Creating a **comprehensive total cost of ownership analysis for PT** equipment identified as essential during the assessment of what equipment to purchase is a good starting point.

In addition to evaluating the purchase price, a cost analysis should include:

- the indirect cost of disposal at end of life,
- sustainability of the construction materials,
- the cost of downtime should the PT equipment become unusable or misplaced,
- and unfortunately, the costs associated with a staff member (or worse, a patient) being injured due to a mishap involving physical therapy equipment.

Delivery costs and “hidden costs” often related to improperly placed orders must also be factored into a total cost of ownership assessment.

- CME can manage your POs to help prevent these “hidden costs” and manage the logistics and delivery of your PT equipment to minimize delivery costs.

Space and Facility Constraints

Physical therapy can be administered anywhere from outpatient centers to intensive in-patient rehabilitation centers, hospitals, and nursing homes. The space available in each of these locations will vary.

Consider not only how larger PT equipment, exercise equipment and treatment tables for example, will be placed in the facility but also the traffic flow around this equipment. Don't forget the smaller equipment storage space. Ask your medical equipment distributor about space-saving equipment and shelving for facilities with a smaller footprint.

PHYSICAL THERAPY EQUIPMENT ESSENTIAL FEATURES

A comprehensive physical therapy equipment list will **consider features essential to the expected patient population using the facility as well as the type of physical therapy administered.**

Durability and Quality

While it is important to evaluate each piece of PT equipment individually, there are several universal durability and quality features to look for.

Given this equipment will be subject to repetitive use, **look for high grade construction materials such as metals, heavy duty plastics, and durable fabrics.**

The construction itself should be robust with

- sturdy frames,
- reinforced joints, and
- welded junctions.

Choose durable fabric that can withstand frequent sanitizing with chemical agents and that resists tearing and cracking over time.

Safety and Patient Comfort

It goes without saying that PT equipment should be designed for safety. Look for features like

- non-slip surfaces,
- handles,
- stitched fabric seams,
- adjustable straps and buckles, and
- protective padding.

Although not a true feature, looking for **higher weight capacity equipment to ensure the safety of all patients is essential.**

Keeping in mind that people who need physical therapy may be weak or in pain, look for **ergonomic design, adjustable settings, and supports.**

Finally, seek out PT equipment with

- slower speeds and more programming options,
- screens (if applicable) with braille or larger in size, and
- louder notification tones to accommodate patients with disabilities.

ADA compliant PT equipment is always a good choice. In many cases you can receive a tax credit up to 50% of the cost of the equipment. Check in with your tax advisor for more details.

Functionality and Versatility

You cannot sugar coat it; PT Equipment is expensive.

Choosing equipment that can be used for multiple therapies and exercises is possibly the most important factor to consider before adding equipment to your physical therapy equipment list.

Look for features that allow for adjustment... height adjustability and multiple resistance levels or tension settings for example.

Be sure to **ask about accessories such as support bars and handles that can help adapt the equipment to a broader range of patients.**

PHYSICAL THERAPY EQUIPMENT CHECKLIST



The following is a comprehensive physical therapy equipment list arranged by category. This list is intended to be a starting point in the process of identifying your PT equipment needs.

Treatment Furniture

- Fixed Height Treatment Tables (back rest available)
- Hi Lo Treatment Tables
- Hi Lo Mat Table
- Adjustable Mobile Stool
- Storage Cabinets
- Traction Table
- Weight Racks
- Worktable

Mobility Furniture

- Tilt Table
- Stand-In Table
- Training Stairs
- Parallel Bars
- Elliptical Machine
- Rowing Machine
- Treadmill
- Recumbent Bike
- Recumbent Stepper
- Stair Climbers

Carts

- Cold Compression Cart
- Modality Cart
- Splint Cart

Exercise Equipment

- Shuttle
- Adjustable Height Pulleys
- Assortment of Dumbbells
- Cuff Weights
- Resistive Tubing/Bands
- Medicine Balls
- Leg Press Machine
- Multi-purpose, multi-joint adjustable resistive machine
- Upper Body Ergometer
- Assorted Balance Boards
- Adjustable Height Exercise Steps
- Foam Rolls

Evaluation Devices

- Hand Dynamometer
- Pinch Gauge
- Force Dynamometer
- Measuring Tape
- Goniometers
- Inclinometer
- Reflex Hammer
- Stethoscope
- Blood Pressure Cuff
- Pulse Oximeter
- Thermometer
- Physicians Scale

Education Equipment

- Skeleton
- Anatomical Posters
- Anatomical Models

Assistive Devices

- Wheelchair
- Cane
- Walker
- Crutches

- Visit our website for an extensive selection of physical therapy equipment, evaluation devices, and basic modalities.

In addition to evaluating PT equipment for durability and quality, safety and comfort, and versatility consider the answer to these questions:

- How often will equipment or evaluation devices need replacing due to wear?
- What equipment and tools should be duplicated in the facility?
- Is my physical therapy equipment ADA compliant?

Creating a comprehensive physical therapy equipment list for your facility is the first step in delivering effective rehabilitative care to people recovering from surgery or illness.

CME CORP. IS YOUR PHYSICAL THERAPY EQUIPMENT PARTNER

- **CME can help you select the most versatile PT equipment and keep you on budget, without sacrificing quality or durability.** With over forty years of experience focused solely on helping healthcare facilities source quality equipment, turnkey logistics and delivery services, and a team of Biomedical Equipment Technicians, we are the premier specialty medical equipment distributor for the United States.

In addition to providing physical therapy and rehabilitation facilities with physical therapy equipment, **CME holds several key government contracts available to DoD, VA, Indian Health, and other federal health facilities. These contracts include DoDECAT, DoDDAPA, GSA, and VA FSS.** We have also relationships with select SDVOSB companies that allow us to offer quoting options for purchases above the micro-purchase threshold and Open Market products.

- **Direct-To-Site Logistics and Delivery Services**

Complementing the delivery of bulky or heavy PT equipment fully assembled, when it is convenient for your staff and clients, our project management and logistics services can help take the stress out of managing purchase orders from several manufacturers with our proprietary logistics management platform.

- **Biomedical Services**

Biomedical services have been at the heart of CME for over 40 years. Our Biomedical Equipment Technicians are available to perform annual maintenance and unscheduled maintenance to help extend the service life of your PT equipment as well as asset tagging to help you keep track of your investment.

- Click CHAT to start a conversation with a CME expert about your PT equipment needs.

PHYSICAL THERAPY EQUIPMENT FAQs

What equipment do physical therapists use daily?

The individual needs of the patient will govern which equipment a physical therapist uses for treatment. However, there are several pieces of equipment that are commonly used throughout the day: treatment tables, exercise balls, resistance bands, treadmills, exercise bikes, as well as evaluation and assessment tools.

What is the average lifespan of physical therapy equipment?

The service life of physical therapy equipment depends on the specific equipment, how often it is used, and how it is constructed. Consistent annual maintenance will help to extend the lifespan of the equipment.

How do you ensure the longevity of the physical therapy equipment?

Scheduled annual maintenance of physical therapy equipment is the best way to extend its service life. Ask your medical equipment distributor or manufacturer's representative about annual maintenance contracts.

What safety regulations and standards exist for physical therapy equipment?

Safety regulations and associated safety features will vary according to the specific equipment. However, all exercise equipment should clearly display instructions for use. Physical therapy equipment with safety features such as belts should be inspected frequently to ensure the safety feature is in working order.