

PWR!Moves Equipment Recommendations

We recommend the below equipment for those performing the PWR!Moves or teaching PWR!Moves. Our faculty, staff, and gym members all work with a variety of equipment to improve overall function, mobility, strength and flexibility.

Agility Dots	Rotational Device
Balance Disc Pillow	Safety Harness
Balance Steps (6" Balance Pods)	Slastix & Slastix Pro
Blazepods	Slastix Bungees with End Clips
Balance Trainer	Smovey Classic Vibroswing-System
CanDo Digi-Extend Hand Exercisers	Soft Hurdles
Carabiners for Fall Protection	Spreader Bar
Champion Sports Coaching Sticks with Base Set	Suspension & Height Adjustment Kit
Exercise bands	Suspension Equipment
Eyebolts	TheraBand Soft Weights
Fitness Equipment	Therapy Rope with Eye Ring
Gait Therapy Device	Training tools for improved walking, GaitAid Device (Virtual Reality Glasses)
Half Round & Round Foam Rollers	Trekking Poles & Accessories
Harnesses	Trekking Poles & Accessories (Pole tips)
Head Lamp with Laser	TRX
Height adjuster with safety strap	TurfCordz Safety Cord Tubing
Hi-VOLT® Voice-on-Light Bracelet	Upright Mobility Walker
Juggling Scarves	U-Step 2 Walker
Lifeline Jungle Gym XT	Veritcal Bungee Bouncer
Musical Instrument	Vertical Stimulation Device
Physical Therapy Products	Weight Bearing Gait Suspension Device
Ribbon Wands	XCO Trainer Weighted Hand Cylinders
River Stones or Hilltops	



Get the personalized care you deserve with Functional Transformation Mobile Rehab. Our licensed and specially trained therapists are here to improve your mobility and quality of life. Please contact us directly with any questions, comments, or scheduling inquiries you may have.

Get in Touch

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