

Search online for the following key phrases to find additional home exercise supplies:

**Exercise bands** for strengthening: search “resistance tubing” or “resistance bands”. Latex free options available.



**Ankle/wrist weights** for strengthening: search “cuff weights”, “ankle weights”, “adjustable ankle weights” or “wrist weights”.



**Wrist/ankle cuffs** to attach exercise bands: search “gym ankle cuffs”. If needed, use S-biner or carabiner clip to attach bands.



**Assistive Grasping Devices:**

- Active Hands ([www.activehands.com](http://www.activehands.com))



- Grasping Cuff with Wrist Support



- Lifting Hooks: search online for weight lifting hooks



[www.amazon.com](http://www.amazon.com)



[www.duvely.com](http://www.duvely.com)

**Exercise Mat:** Search online for “folding floor mat”. A mat that is at least 2 inches thick is recommended.



**Stretching Straps:**

- Search online for “yoga strap”. This is typically a soft, flexible material and longer than a gait belt.



- Search for “gait belt” or “transfer belt”. This is a thicker, less flexible material that can be dual purpose for walking or transfer safety.



## **Pilates Ball:**

- Search online for “mini stability ball” or “pilates ball”. Soft ball filled with air, with a diameter of 19-30 cm.



[www.merrithew.com](http://www.merrithew.com)

## **Therapy Putty:**

- Search online for “theraputty” or “therapy putty”. For hand and finger exercises. Ranges from xx-soft to x-firm.



[www.amazon.com](http://www.amazon.com)