

# Physical Therapy Clinic Equipment Check List (Priority-Based)

## Complete Setup Checklist for Physical Therapy Clinics

Use this checklist as a planning and decision-making tool when opening or expanding a physical therapy clinic.

Equipment is organized by **priority**, helping you invest smartly and scale over time.

**PRIORITY 1** – ESSENTIAL / DAY-ONE

**PRIORITY 2** – ADD AFTER CLINIC IS STABLE

**PRIORITY 3** – SPECIALIZATION-BASED / ADVANCED

Who This Checklist Is For:

- New physical therapy clinics
- Expanding rehab centers
- Physiotherapists opening private practice
- Investors planning PT clinics

## Important Planning Notes

- ✓ Start with high-usage essentials, not advanced machines
- ✓ Buy equipment based on patient demand, not trends
- ✓ Ensure space availability before large purchases
- ✓ Always check warranty & after-sales support
- ✓ Expand your clinic in phases, not all at once

## Therapeutic Modalities

- ❑ Full multi-channel electrotherapy unit OR/AND Portable EMS unit (PRIORITY 1)
- ❑ Ultrasound therapy unit (PRIORITY 1)
- ❑ TECAR therapy machine (PRIORITY 2)
- ❑ Shockwave therapy machine (PRIORITY 2)
- ❑ EMG biofeedback system (PRIORITY 3)
- ❑ Cryotherapy compression system (cold + compression) (PRIORITY 3)
- ❑ Traction machine (cervical & lumbar) + table & accessories (PRIORITY 2)
- ❑ Lymphatic drainage machine/Presso therapy (PRIORITY 2)
- ❑ Magneto therapy machine (PRIORITY 3)
- ❑ Acupuncture Stimulator (PRIORITY 3)

## Basic Modalities

- ❑ Ice packs Vairable Sizes (PRIORITY 1)
- ❑ Heating Pad (PRIORITY 1)
- ❑ Massage Oils (PRIORITY 1)
- ❑ Massage Gun (PRIORITY 1)
- ❑ Infrared Lamps (PRIORITY 1)
- ❑ Basic Assistive Devices (PRIORITY 1)

## Therapeutic Furniture

- Treatment tables (PRIORITY 1)
- Bobath Table (PRIORITY 2)
- Trolley with drawers (PRIORITY 1)
- Swivel Stool (PRIORITY 1)
- Step stools (PRIORITY 1)
- Parallel Bars (PRIORITY 1)
- Wall Ladder (espalier) (PRIORITY 1)
- Finger Ladder (PRIORITY 1)
- Training Stairs (PRIORITY 2)
- Pulley Cage (PRIORITY 2)
- Mirror For Visual feedback (PRIORITY 1)
- Privacy screens or dividers (PRIORITY 2)
- Pillows, towels, positioning supports (PRIORITY 1)

## **Fitness / Exercise Equipment**

- ❑ Adjustable weight pulleys (PRIORITY 1)
- ❑ Dumbbells (PRIORITY 1)
- ❑ Ankle Weights (PRIORITY 1)
- ❑ Kettlebells (PRIORITY 2)
- ❑ Medicine balls (PRIORITY 2)
- ❑ Foam Rollers (PRIORITY 1)
- ❑ Gym Balls (PRIORITY 1)
- ❑ Bosu Balls (PRIORITY 1)
- ❑ Balance Boards (PRIORITY 1)
- ❑ Resistance Bands (PRIORITY 1)
- ❑ Tall Resistance Bands (PRIORITY 1)
- ❑ Pull Up Resistance Bands (PRIORITY 1)
- ❑ TUBE Resistance Bands (PRIORITY 1)
- ❑ FabricResistance Bands (PRIORITY 3)
- ❑ X-Factor (PRIORITY 2)
- ❑ Treadmill (PRIORITY 2)
- ❑ Stationary bike (PRIORITY 2)
- ❑ Plyometric Station (PRIORITY 3)
- ❑ Leg Extension Machine (PRIORITY 2)
- ❑ Bench Press (PRIORITY 2)
- ❑ Rehabilitation mats (PRIORITY 1)

## Basic Assessment Tools

- ☐ Goniometer (PRIORITY 1)
- ☐ Measuring tape (PRIORITY 1)
- ☐ Reflex hammer (PRIORITY 1)
- ☐ Grip dynamometer (PRIORITY 1)
- ☐ Neurological testing instruments (PRIORITY 1)
- ☐ Blood pressure monitor (PRIORITY 1)
- ☐ Oximeter (PRIORITY 1)
- ☐ Stethoscope (PRIORITY 1)
- ☐ Thermometer (PRIORITY 1)

## Taping

- ☐ Kinesiology Tape
- ☐ Rigid Tape
- ☐ Under Tape
- ☐ Self Adhesive bandages

## Educational Decoration

- ☐ Skeleton (Optional)
- ☐ Anatomical posters (Optional)
- ☐ Anatomical models (Optional)
- ☐ Health education posters (Optional)