

Turner Physical Therapy & Scoliosis Center, LLC

Equipment Required to Perform Schroth™ Exercises

Qty	Description	Resource
1	Stall bar (or 2 Chin-up bars per below)	https://infitnessequipment.com/collections/accessories
3	Chin-up bar (Sunny Health & Fitness Door Way Chin Up and Pull Up Bar)	https://www.amazon.com/Sunny-Health-Fitness-Door-Chin/dp/B0016BNDXI/ref=sr_1_1?ie=UTF8&qid=1532808595&sr=8-1&keywords=sunny+health+%26+fitness+doorway+chin+up+and+pull+up+bar
1	2"x4' Waist Belt w/ slide release buckle	https://infitnessequipment.com/collections/accessories or www.schrothnyc.com/schroth-store.html
1	1"x5' D-Ring (or slide release buckle) Belt	https://infitnessequipment.com/collections/accessories or www.schrothnyc.com/schroth-store.html
3	3" x 6" x 1" rectangular rice bags	www.schrothnyc.com/schroth-store.html
2	4" x 2" x 3" wedge rice bags	www.schrothnyc.com/schroth-store.html
2	7' wooden or metal poles	Home Depot or https://infitnessequipment.com/collections/accessories
1	6' Thera-band	Issued by Therapist
1	Exercise/Yoga mat	Sporting Goods Store
2	12" length x 6" dia foam roller or PVC pipe (4", 5", or 6" diameter – ask your therapist)	https://www.amazon.com/dp/B00XM2N06O?axitk=IAj4xLo6J2WaywJRVIuHJQ&pd_rd_i=B00XM2N06O&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=54dc821a-0937-4e6f-9da9-f8dd5443145d&pf_rd_s=desktop-sx-top-slot&pf_rd_t=301&pf_rd_i=foam+roller&hsa_cr_id=9454877860901 or Home Depot
1	Stool – (6", 7", or 8" -- ask your therapist)	https://infitnessequipment.com/collections/accessories
1	Exercise ball (ask your therapist for proper size)	Sporting Goods Store
2	Portable mirrors	Home Depot