

# Rehab Equipment Infosheet

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## Why Rehabilitation Equipment Matters

After surgery, rehabilitation equipment helps you recover better. It's important for:

- Hip and knee replacements
- Foot or ankle fusion
- Shoulder repairs
- Hand and wrist surgeries

## Benefits of Using Rehabilitation Equipment

### 1. Better Movement and Strength

- Tools like crutches and walkers help you move around while you heal
- They help build muscle strength and improve how well you can move

### 2. Fewer Health Problems

- Using the right equipment lowers the risk of blood clots, infections, or stiff joints
- It helps you move safely and avoid accidents while recovering

### 3. More Independence

- Makes daily tasks easier
- Helps you feel more confident
- Smooths the change from hospital to home life

### 4. Safe Recovery

- Using the right equipment, with help from a physiotherapist, keeps you moving safely

## Equipment for Different Surgeries

Please tick (✓) the boxes under the items you need for your recovery.

You can show this list to your healthcare provider or Mobility Centre solutions specialist.

Many of the large items can be hired from instore, but book early to secure availability.

Visit our rental page for more information: <https://www.mobilitycentre.co.nz/rental/>

**For Hip or Knee Replacement**



Crutches



Shower stool



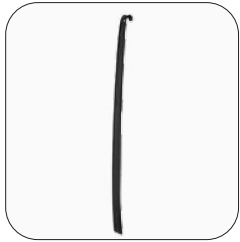
Over toilet frame  
/ Toilet seat raiser



Toilet surround



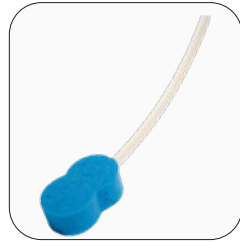
Sock aid



Long-handled  
shoehorn



Reacher  
(grabber tool)



Long-handled  
sponge



Walker



Orthopaedic  
chair

**For Foot or Ankle Surgery**



Crutches



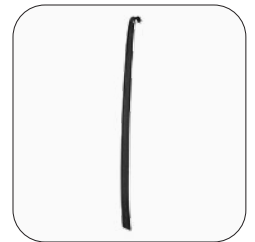
Shower stool



Over toilet frame  
/ Toilet seat raiser



Sock aid



Long-handled  
shoehorn



Reacher  
(grabber tool)



Walker



Knee scooter

## For Rotator Cuff (Shoulder) Surgery



Ice pack



Shoulder pulley



Resistance bands



Shoulder ball



Shoulder activator brace



## For Hand and Wrist Surgery



Hand therapy balls



Theraband flex bar



Wax bath (Therabath)



Night time smart glove



Wrist brace



Thumb / wrist brace



Hand cast protector



## Remember

Always talk to your doctor or physiotherapist about which equipment is right for you. They can show you how to use it safely and effectively.

**We're here to get you moving 😊**