



# SETTING UP PHYSIOTHERAPY IN A PRIMARY CARE TEAM: SPACE, EQUIPMENT AND SUPPLIES

## BACKGROUND

This document provides guidance for setting up physiotherapy services within a primary care team. Depending on the skill set of the physiotherapist, and the needs of the population, there may be variation in terms of space, equipment and supplies required. Note that physiotherapy can be delivered out of a regular office space.

If you are looking for additional guidance on setting up the space, please connect with us at [physiomail@opa.on.ca](mailto:physiomail@opa.on.ca).

## THE SPACE

- Private office space
- Sink in the office, or in proximity
- Space to chart/access EMR, such as rolling table or desk with chair
- Full length mirror on one or several walls
- Shelving/cupboards to store supplies/modalities

## THE EQUIPMENT

BASIC EQUIPMENT	ADDITIONAL EQUIPMENT*
High-Low Plinth/Table (bariatric as needed)	Exercise mats
Wheeled stool	Exercise balls
Pillows	Dynamometer
Pillow protectors and pillow slips**	Jamar dynamometer
Towels – face cloths, hand towels, large towels**	Wobble & Balance boards
Gowns**	Wooden Step
Reflex hammer	Walking wheel
Goniometer (large and small)	Transfer belt
Pulse Oximeter	Sacroiliac belt
Blood Pressure cuff	Anatomical posters
Stethoscope	Anatomical joint models



<b>BASIC EQUIPMENT</b>	<b>ADDITIONAL EQUIPMENT*</b>
Retractable tape measure	Arm and/or lower extremity ergometer
Ice Packs (access to a freezer)	Electrical modalities: ultrasound, TENS, IFC, laser, and rolling cart for storage
Electric Heating Pad	<b>WITH LARGER SPACE/GYM</b>
Timer/Stopwatch	Exercise equipment: Bike, Recumbent Bike, NuStep, Treadmill
Traction Belt	Hand railing
Weights	Rubber flooring
Exercise Program Software	

\*Additional Equipment will depend on population and space availability

\*\*For linens, in house laundry or a laundry service is required

## **SUPPLIES**

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Acupuncture supplies (as relevant)

Athletic Tape

Exercise tubing and bands

Leukotape and Hypafix

Skin lotion

Ultrasound Gel (as relevant)