

Equipment List for 1st term Students on all USAHS Campuses



Welcome to the Doctor of Physical Therapy Program at The University of St. Augustine for Health Sciences

The following equipment is required for first semester courses.

1. **Lab coat**

- Any style of a short hip length white, collared lab coat is acceptable. 10% discount at allheart.com when you use code: 1237310



2. **Gait belt with metal buckle**

- Any solid color
- Vinyl (Cloth/canvas gait belts are less expensive but may not be acceptable to use in some facilities. Many clinics and hospitals will require a vinyl gait belt which is easily cleaned between patients but is more expensive. Either type is acceptable for this course.)
- You may also purchase these items through various websites such as <http://www.gaitbelt.com/index.php> for vinyl gait belts.



3. **Retractable tape measure**

- ¼" wide by 60" long
- Made of durable material
- Push-button retractor mechanism



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4. Blood Pressure (BP) Cuff (Sphygmomanometer)

- You must purchase an ADULT sized, Aneroid style sphygmomanometer with Velcro cuff attachment.

Do not purchase a BP cuff with belt-buckle type attachment.

- Do not purchase a BP cuff with an attached stethoscope.
- Do not purchase an "automated" battery powered BP cuff.
- American Heart Association Recommendations for Proper Cuff Size:
 - Measure your mid-upper arm circumference.
 - For arm circumference of 22 to 26 cm, the cuff should be "small adult" size: 12x22 cm
 - For arm circumference of 27 to 34 cm, the cuff should be "adult" size: 16x30 cm
 - For arm circumference of 35 to 44 cm, the cuff should be "large adult" size: 16x36 cm
 - For arm circumference of 45 to 52 cm, the cuff should be "adult thigh" size: 16x42 cm
 - Sphygmomanometers – check for features on the cuff such as arm size index & range, and artery indicator markings/labels.
 - Reasonably priced entry-level equipment for both are available online and at Walmart, Target, Walgreens, Medical Supply Stores etc. Students may also obtain these items from the USA Gear Store.



5. Stethoscope

- The stethoscope must be a dual-head model with both a diaphragm and bell. Do not purchase a single-head model.
- What you spend on the above is up to you. Stethoscopes can range from \$20 to \$\$Hundreds.
- Sprague-Rappaport style stethoscopes work well and are reasonably priced.
- Examples of what to look for Online:
 - <http://www.allheart.com/adc-adscope-sprague-stethoscope/p/adc646/>
 - <http://www.allheart.com/adc-prosphyg-760-series-aneroid-sphygmomanometer/p/adc760/>
 - Once you are on a web site you can search for different models, colors etc.



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6. Goniometers

- 12-Inch 360° goniometer
- 8- Inch 360° goniometer
- 8-inch spinal goniometer (ruler)
- 6-inch 180° goniometer
- Metal finger goniometer



Amazons sells packages of goniometers:

- EMI 6 Piece Goniometer Set Plus Measuring Tape – 7 pc total EGM-431
 - This kit has 6 goniometers: 12-inch, 8 inch, 8 inch spinal, 6 inch, 6 inch 180° and plastic finger goniometer. Even though a finger goniometer is included in this kit, it its recommended that you purchase a metal finger goniometer.
- Baseline Stainless Steel Finger Small Joint Goniometer

7. Medical Gloves

- Disposable medical gloves to be used in Gross Anatomy Lab

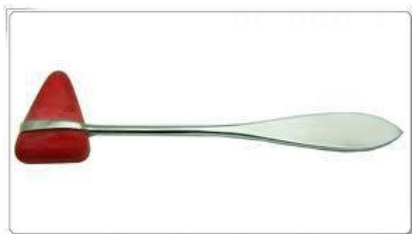
8. Scrubs

- Any solid color (**Dallas campus requires Navy Blue**) Discounts available at allheart.com. Use code for 10% off: 1237310



9. Reflex Hammer (with or without sensory testing ability is okay)

- Mallet-type hammer which has a large and small mallet
- Screw in pointed tip (in the head of the hammer-for sensory testing)
- Screw in/retractable brush (in the base of the hammer-for sensory testing)



Standard percussion reflex hammer



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10. APTA FirstHand Student Kit

- Please note if you join the APTA as a student member you can obtain a FirstHand Student Kit which includes many of the above items.
- This kit can be found on the APTA website [APTA FirstHand Kit](#)



APTA's FirstHand kits meets the demands of physical therapy students! FirstHand is a prepackaged kit containing the most frequently used instruments, with brand names you trust, that students of physical therapy need for their clinical education-and beyond. FirstHand includes:

- Sprague rappaport type stethoscope
- sphygmomanometer
- penlight
- Buck hammer
- bandage scissors
- 6" and 8" goniometers
- retractable tape measure
- Thera-Band® Resistive Exerciser
- ballpoint pen
- skin marker

These instruments are organized in a professional-looking, durable, water-repellant black Cordura case.

Please note that gait belts are not included in this product.

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11. Other Items:

- **Blue** Kaltenborn Wedge



- Pocket pulse oximeter



- Anatomy goggles



- Penlight



- APTA membership:

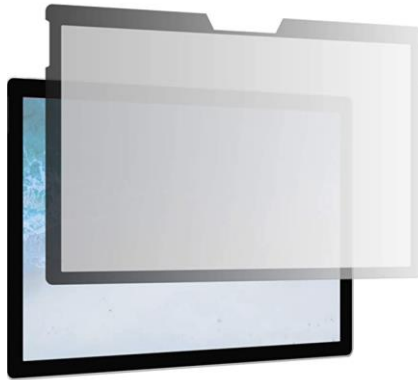
[Resources for PT and PTA Students | APTA](#)

All DPT students are required to join the APTA as a student member (join both APTA Membership and Primary Chapter).

- *When selecting Primary Chapter, select the Chapter where you will be attending DPT school (CA, FL, or TX).*

- Privacy Screens for online exams that are held on campus

https://www.amazon.com/AmazonBasics-Magnetic-Privacy-Microsoft-Surface/dp/B07PRBRDNF/ref=asc_df_B07PRBRDNF/?tag=&linkCode=df0&hvadid=380145854123&hvpos=&hvnetw=g&hvrnd=13126629929222911427&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmcl=&hvlocint=&hvlocphy=9031313&hvtargid=pla-807263430171&ref=&adgrpid=85982211068&th=1



- Surgical marking pen

https://www.amazon.com/Surgical-Markers-Stencil-Available-Different/dp/B00700F8VU/ref=sr_1_5?crid=1MS2EWM4IE79T&keywords=skin+marker&qid=1644525266&srefix=skin+marker%2Caps%2C397&sr=8-5

