



How to keep your therapy and rehab space safe

Innovative strategies to reduce infection risk

Healthcare environments such as therapy and rehabilitation spaces are hot spots for infectious pathogens. With regular cleaning and disinfection of surfaces, using single-patient-use products and employing other prevention strategies, you can significantly reduce the risk of healthcare-associated infections (HAIs).

Check out these proven tips, strategies and products to help keep your patients and staff safe.

Clinic equipment

Tables and exercise equipment are commonly wiped down in a therapy space. But have you thought about disinfecting your lobby, treatment stairs and ADL areas? Here are some ideas:

Tips to reduce the risk

Avoid porous materials and limit seams. **Stainless steel is a safe and wipeable surface.**

Utilize barriers like towels to limit exposure. **Repair holes in vinyl** or recover when necessary. **FDA approved patches can protect your vinyl.**

Properly disinfect after each use paying attention to the appropriate time based on the product instructions.

For small or hard to reach places, **disinfect with UV light**, which can kill up to 99.9% of bacteria.

Product solutions

[Whitehall® Stainless Steel Stairs](#)



[CleanPatch-V® Medical Surface Repair Patch](#)



[Micro-Kill® Q3 Concentrated Disinfectant, Cleaner & Deodorizer](#)



[Lumin® Sanitizing Wand](#)



Exercise equipment

Single-patient use strengthening equipment can be a cost-effective and safe solution.

Tips to reduce the risk

Single-patient use items like elastic resistance bands and putty should be clearly labeled with patient name.

Use cleaning protocols for shareable items such as balls and dumbbells. **Attach accessories that are wipeable** such as handles for bands.

Product solutions

[Hand Therapy Putty](#)



[Cando® Medline Perforated Exercise Bands](#)



[Hold-Rite Exercise Handles](#)



Modalities

The risk of bacteria growth on electrodes, ultrasound gel and moist-heat increases when treating multiple patients. Utilize innovative solutions to safe-guard your modality treatment.

Tips to reduce the risk

Maintain moist heat to appropriate temperature and create a consistent cleaning schedule. **Use corrosion-resistant solutions.**

Replace hot packs when there are tears or signs of deterioration. **Utilize bacteria-resistant polymer hotpacks.**

Use single-patient use, disposable or **antimicrobial electrodes.**

For heating thermoplastics, use innovative solutions with built-in **UV cleaning.**

Use single use ultrasound gel, emollients and topicals to minimize exposure.

Product solutions

[Hydratherm® Hydrocollator](#)



[Hydraheat® Hot Packs](#)



[Microblock® Electrodes*](#)



[Strava® Splint Bath](#)



[HawkGrips® Emollient Packs](#)



[ActivICE® Topical Packs](#)



Transfers, Mobility and ADLs

Use surfaces that are wipeable or have built-in antimicrobial protection.

Tips to reduce the risk

Gait belts made of vinyl can easily be wiped down. Thoroughly clean gait belts and assistive devices between each use.

Utilize ADL equipment with built-in Microban® antimicrobial* protection.

Product solutions

[Vinyl Gait Belts](#)



[Bath Bench](#)



[Elevated Toilet Seat](#)



[Bathtub Grab Bar](#)

* These antimicrobial properties are built-in to protect the product. This product does not protect users or others against bacteria, viruses, germs or other disease organisms.

PPE and evaluation equipment

Ensure all healthcare providers have properly stocked and sized PPE equipment available.

Tips to reduce the risk

Include all sizes of gloves to accommodate entire staff and ensure comfort.

Place **PPE equipment** where it's most commonly used, including evaluation rooms and manual therapy tables.

Use disposable examination products where appropriate.

Product solutions

[Glide-on® Powder-Free Vinyl Gloves](#)



[Basic Procedure Face Mask](#)



[N95 Face Mask](#)



[Disposable Forehead Strips](#)



[Disposable Blood Pressure Cuff Barriers](#)



[Stethoscope Covers](#)

