

Dr. Justin Albright's Equipment recommendations



FOOT & ANKLE SURGEONS
OF OKLAHOMA

Helpful equipment for home gym

Flossing bands



Small



Medium



Large



Foam rollers



Large



Small



Foot



Slant board



Single foot wedge



Castle Flexx



Calf/hamstring stretch



Sled



Magnetic
resistant wheels



Weighted
sled



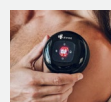
Nordic curl



Door
attachment



Bench



Levide
Cup



At home red
light therapy



Toe spacers



THE FOOT COLLECTIVE™

Solemate foot training
program/equipment



Leg balance board



Resistance band

