**Dr. Nikia Stinson’s equipment List**

Most items are available on smile.amazon.com



[Cubii JR1 Seated Under Desk Elliptical Machine](https://smile.amazon.com/Cubii-Elliptical-Adjustable-Resistance-Turquoise/dp/B074F1S194/) for Home Workout, Mini Elliptical, Desk Bike Pedal Exerciser, Whisper Quiet, Under Desk Pedal Exerciser

  
[LifePro Under Desk Elliptical Trainer](https://smile.amazon.com/LifePro-Under-Elliptical-Trainer-Office/dp/B08HPPBPLT/) for Home & Office - Calf Leg Foot Pedal Exerciser - Seated Compact Elliptical Bike Machine



[BODYMATE Comfort Wobble Cushion](https://smile.amazon.com/BODYMATE-Comfort-Cushion-Inflatable-Stability/dp/B0839Q6X78/), Balance Cushion, Inflatable Stability disc, Balance Board, 13 inch



[Theraband Latex, Yellow/Red/Green - Beginner Set](https://smile.amazon.com/TheraBand-Resistance-Professional-Exercise-Physical/dp/B000LX4KRA/low%2FRed%2FGreen+-+Beginner+Set&qid=1628780553&s=sporting-goods&sr=1-4)



[Synergee Core Sliders](https://smile.amazon.com/Synergee-Sliders-Hardwood-Abdominal-Equipment/dp/B0195KXS6I/). Dual Sided Use on Carpet or Hardwood Floors.



[Modini-Z-40 Sago Foot Splints + Stroke Training Gloves](https://www.amazon.com/Splints-Motorized-Exercise-Handicapped-Disabled/dp/B009KYRHVC) + Motorized Exercise Cycle/Bike for The Handicapped & Disabled



[RJ-Mini Motorized Exercise Cycle/Bike](https://www.amazon.com/Motorized-Exercise-Survivor-Handicapped-Disabled-SCI/dp/B07Z6C5V57) + a Pair of Foot Supports and Gloves for Stroke Survivor- Handicapped & Disabled-SCI



LS Leg Strap™ Sizes range from small to 3XL

<https://www.advantagebag.com/products/ls-leg-strap>



**NuStim Wrap-** sizes vary; can get the smallest one for use with feet

<https://www.lymphedemaproducts.com/>