

Rehabilitation & Fitness shopping list



Health & Care
@ Park Nicollet
Store

Items available at:

Health & Care Store locations: Full list of store hours and locations on back

Online catalog and ordering: parknicollet.com/stores

Telephone orders: 952-993-2662

All products on this shopping list have been recommended for you by clinicians at Park Nicollet.

Exercise

- Treadmill
- Elliptical machine
- Recumbent bike
- Bike
- Heart rate monitor
- Pedometer
- Weights ankle
- Weights wrist
- Weights thigh
- Soft weights_____
- Hand exercise_____
- Theraband_____
- Theraputty_____
- Gymnic ball_____
- Peddler
- BMI

Daily living

- Dressing helper
- Long handled shoe horn
- Elastic shoe laces
- Reacher 26" 32"
- Pill splitter
- Pill box
- Vibrating pill reminder
- Reclining electric lift chair
- Other_____

Medical bag

- Weight scale
- Blood pressure monitor
- Cold pac
- Hot packs

Books

- Take a Load Off Your Heart
- Heart Mates
- Strong Women Stay Slim
- Stretching
- Kicking Your Stress Habits
- Simple Strategies for Weight Management

Bathroom aids

- Toilet seat riser
- Shower chair
- Grab bars
- Commode

Walking aids

- Rolling walker
- Cane

Store locations and hours

Park Nicollet Clinic—Burnsville

952-993-8474

Mon. – Fri. 9 a.m. to 5 p.m.

Closed 12:15 p.m. to 1 p.m.

Park Nicollet Clinic—Chanhassen

952-993-4434

Mon. – Fri. 7:30 a.m. to 5:30 p.m.

Park Nicollet Heart and Vascular Center 952-993-2323

Mon. – Fri. 7:30 a.m. to 5 p.m.

Park Nicollet Clinic—Meadowbrook (Methodist Hospital campus, St. Louis Park) 952-993-3121

Mon. – Fri. 8 a.m. to 5 p.m.

Sat. 9 a.m. to 1 p.m.

Park Nicollet Clinic—St. Louis Park 952-993-1330

Mon. – Fri. 7:30 a.m. to 5:30 p.m.