

# School of Physical Education and Sports



**Rashtriya Raksha University**  
**(An Institution of National Importance)**  
**Pioneering National Security and Police University of India**

## **EQUIPMENTS: PHYSIOTHERAPY LABORATORY**

<b>S. No.</b>	<b>Name of the Equipment</b>	<b>Function of the Equipment</b>
1	Theraband	Strengthen the muscle
2	T-Pully	ROM Exercises
3	Quads Exercise Table	Strengthen the quadriceps and hamstring muscles
4	UST Machine	Tissue healing
5	IR Lamp	Heating the local tissues
6	TENS Machine	Stimulate the nerves

7	Shoulder Ladder	Shoulder ROM Exercises
8	Shoulder Arm	ROM Exercises
9	Sand Bag Set	Weight training
10	Rocker Balance	Coordination & Balance Exercises
11	Advance UST Machine	Tissue healing
12	Cupping therapy	Decompression therapy
13	Massage Gun	For muscle recovery