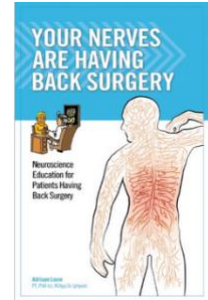
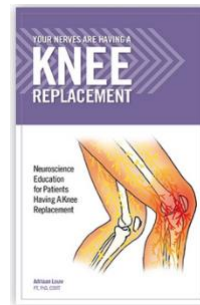
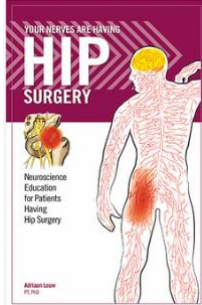


## RESOURCES

**Your Nerves are Having Hip/Knee/Back Surgery Education Book** (Learn how to calm sensitive nerves before and after surgery in this book from physical therapist, Adriaan Louw.)

- MOI Pharmacy: \$ 5
- <https://www.optp.com>



### Walker:

- MOI Pharmacy: \$ 43



### Cane:

- MOI Pharmacy \$ 12



### Crutches:

- MOI Pharmacy \$ 20



### Shower Chair, Bench, Tub Transfer Bench:

- MOI Pharmacy (bench): \$ 31



### Bedside Commode or Toilet Seat Riser:

- MOI Pharmacy: \$ 24 (riser), \$ 45 (commode)



### Ideal Stretch

(important for gaining knee extension)

- MOI pharmacy \$ 49



### TENS Unit: (for pain control)

- MOI Pharmacy: \$ 56



**\*Insurance typically covers the cost of one of the following in a 5 year period: a walker, crutches, a cane, or a wheelchair. If insurance will not cover this will be an out of pocket expense.**

## **Services for Independent Living: (573) 874-1646**

**What is it?** Services for Independent Living (SIL) is a non-profit Center for Independent Living that promotes independence for persons with disabilities, seniors, and veterans. SIL has many independent living skills programs, including a Durable Medical Equipment Recycling Program.

**How do I get equipment?** The Durable Medical Equipment (DME) Recycling Program accepts gently used, clean and fully functional medical equipment for redistribution to individuals with unmet needs. Please call for additional details regarding available items and to arrange equipment drop off/pick up.

## **TigerOT home safety assessment**

**What Is It?** A licensed occupational therapist and 1-2 Occupational Therapy students from University of Missouri will meet you at your home to discuss safety concerns and work through possible solutions/recommendations. Appropriate for individuals having functional challenges, at risk for falls, or both. As well as those individuals, that will or have had major medical or orthopedic surgeries.

### **What Can They Do?**

- Ask you about your concerns
- Watch how you can get around your home and do your everyday tasks
- Assess your current equipment (if applicable) for appropriateness and safety
- Make recommendations for new strategies or equipment as needed

Contact for questions or assessment:

- (573) 884-6365
- [TigerOT@missouri.edu](mailto:TigerOT@missouri.edu)

## **Home Access Remodeling**

**What Is It?** A full service remodeling company offering custom designs and over 2000 products that allow individuals to live safely and independently in their own homes.

**What Can They Do?** Anything from installing handrail on stairs to full bedroom or bathroom remodel.

- Grab Bars – wall, floor and ceiling mounted
- Mounted Shower Seats
- Walk in Tubs
- Flooring
- Ramps – fixed and portable
- Stair Lifts/Railing

Chuck Dobbins – Managing Member

- (573) 818-3174
- [chuckd@homeaccessremodeling.com](mailto:chuckd@homeaccessremodeling.com)
- Homeaccessremodeling.com

LOCATION	WEBSITE	PHONE
<b>MOI (pharmacy)</b>	<a href="https://www.muhealth.org/locations/mizzou-pharmacy-missouri-orthopaedic-institute">https://www.muhealth.org/locations/mizzou-pharmacy-missouri-orthopaedic-institute</a>	(573) 884-3020
<b>D &amp; H Medical Supply</b>	<a href="https://www.dhdrugstore.com/">https://www.dhdrugstore.com/</a>	(573) 777-7333
<b>Kilgore's Medical Supply</b>	<a href="https://kilgoresrx.com/">https://kilgoresrx.com/</a>	(573) 442-0194
<b>Walgreens</b>	<a href="https://www.walgreens.com/">https://www.walgreens.com/</a>	(573) 874- 3562
<b>Amazon</b>	<a href="https://www.amazon.com/">https://www.amazon.com/</a>	N/A

*This list is for informational purposes only and is intended to identify sample equipment and suppliers in which you can find equipment. Prices may not be accurate and are subject to change. This list does not constitute an endorsement of any of the equipment or suppliers on the foregoing list.*