

# Therapy Table Buyer's Guide



**Purchasing a treatment table doesn't have to be a confusing experience.**

**We offer our expertise in therapy equipment, supplies and accessories to our most important asset: you, our customer.**

## **Some Words about Ergonomics**

Ergonomics is an approach which puts human needs and capabilities at the focus of designing products and work systems. The aim of ergonomics is to ensure that people and technology operate in harmony, so that there are fewer errors, greater effectiveness and fewer repetitive strain injuries and work-related accidents. Fewer accidents and strains mean greater longevity and productivity. For the therapist it means a more robust livelihood and helping more people. Underlying all ergonomics is careful analysis of human activity. This includes understanding the demands being made on the practitioner, his/her hands, knees, hips, legs, etc., and the likely effects of supportive or unsupportive body mechanics. Ergonomics are demonstrated in a table's design through table height, width and access-oriented designs (allowing close-in bodywork in the proper positions), stability (to maximize therapist's impact while minimizing movement) and material choice (strength and safety). Great ergonomics for the therapist doesn't mean much if the client isn't comfortable, relaxed and receptive to treatment. A practitioner who can minimize or eliminate the wear and tear on his own body will have a longer, more fulfilling career.

## **Which table size is best for me?**

One of the most important choices you'll make about your massage table is its size. Ideally, the table will be wide enough to comfortably accommodate clients yet narrow enough (and at the appropriate height) to ensure good body mechanics. Efficient body mechanics become even more important in a busy practice. Make sure you can step in close enough to direct your body weight through relaxed shoulders down through your hands. Standard widths of 29" or 30" are chosen by most therapists who find that almost all their clients fit comfortably on their table. Standard adjustable height ranges of 24" to 34" or 25"-35" offer a generous 10" range so most modalities are easily accommodated.

## **What is the best table for my practice?**

The type of table you choose will depend on your type of practice and number of clients you'll have. While most quality tables will maintain their quality regardless of the amount of use they receive, some tables are much better suited for modalities than others. This, along with features like upholstery and foam, will go a long way towards making sure your clients are comfortable and you, the therapist, can maintain proper body mechanics, thus ensuring you a long and healthy career in practice.

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## **Which face rest makes best sense for my practice?**

For treatments where clients are face down for very brief periods, or for non-professional treatments, a stationary face rest may be adequate. In professional practice, an adjustable face rest is likely to be your best choice, allowing you to optimally position your clients head. Besides offering the necessary support for you client, an adjustable face rest affords you optimal access to the neck and its' muscles.

## **For client comfort, is the thickness of the foam the only difference to consider?**

The foam on your table will not only determine your clients' comfort level but will also affect the long-term wear and appearance of your table. Denser, better quality foam has more substance between air pockets compared to lighter foams. This means it will take longer to break down the structure of the foam that resists sagging or flattening over time, allowing for a longer life.

## **What is the difference between upholstery materials?**

Most upholstery materials are comfortable, durable, easy to clean and with proper care should last the lifetime of your table. Most fabrics may be cleaned with a mild soap and water solution or antibacterial cleaner. For best results, wash the table at the end of the day or when you are finished using it and then rinse with clean water and dry.

**You're always welcome to call us if we can offer any guidance for your particular situation. 1-888-326-6335.**