

Technical Specification of the Equipments/Instruments for Physiotherapy and Occupational
Therapy

1. Short wave Diathermy (SWD) 500

SWD 500 is a heavy duty short wave Diathermy unit that generates high frequency waves which are used for heating the body tissues deeply. High power medical diathermy incorporating a high power transmitting oscillator valve & solid state rectifiers; provides R.F. power up to 500 watts for intense deep tissue heating without discomfort at the surface.

Salient Features:

- Built in 4” heavy duty cooling fan and voltage stabilizer.
- Provision for delay circuitry.
- 30 minutes treatment timer.
- Built in Protective circuit breaker.

Technical Data:

- Power output: 500 Watts RF
- Operating Frequency: 27.12 MHz.
- Wavelength: 11 meters
- RF Power Source: Vacuum generating Valve
- Fuse: 7 Amp
- Main Supply: 220 V 50Hz
- Frequency: 27.12 MHz
- Output: Continuous, Maximum : 500 watts,
- Intensity: Adjustable in 5 steps.
- Electrodes: One pair Condenser pads with felt
Spacer & cover size: 15 cm X 25 cm.
- Tuning: Manual, with tuning control knob.
- Timer: 30 minutes timer with Auto-cut
- Cooling: with 10 cm dia. Instrumental fan.
- Voltage: 220-240V. Selectable with inbuilt voltage selector switch.
- Accessories: a, one pair condenser Pads cable. B, One power Main cable. C, Spare fuses. D, One Shortwave test tube. E, Two Velcro Strap.

2. Muscle Stimulator (Portable):- (ES)

The IC based Diagnostic cum Therapeutic unit, suitable for taking S. D. Curve. The combination unit produces four different types of stimulating current i.e. Galvanic, Interrupted Galvanic, Faradic, Surged Faradic for S. D. Curve plotting and therapeutic use output is smoothly adjustable from 0-135 volts. The

unit fitted with indicator light, fuse and meter on-off switch. The output meter should have two range i.e. 30 volts & 150 volts. The unit is fitted in briefcase with an accessories compartment. The stimulating current outputs:-

- Galvanic: Continuous well filtered D.C. up to 135 volts for a maximum of 0-75 mA load.
- Interrupted: Pulse duration- 0.01, 0.03, 0.1
- Galvanic: 0.3, 1.3, 10, 30, 300 m second.
- Frequency: 6, 18, 30, per minutes 1, 3, 5, 10 30, 50, 100 per sec.
- Surged: Faradic pulse of 0.6 m sec duration.
- Faradic: Contraction duration: 2-4 second.
- Faradic: Comprise of 80 pulses per second, each pulse of 0.6 ms Width.
- Accessories: Inactive & Active Plate Electrodes. : 3, Ball tip Electrode with Handle.: 2 pair, Electrodes Wire

3. Ultra sound (Solid state digital)

Technical Specification:

- Ultrasound frequency: 1 MHz and 3 MHz
- Effective Radiation Area of emitter heads (ERA): 1 cm² and 4 cm²
- BNR (Beam non-uniformity ratio) : 1 cm² head <5.5
- Therapeutic session time: 0-25 min

Modes of operation

- a. Continuous : Pulse-to- period ratio: 1:1 (Poser output control within 0.1-2.0 W/cm²)
- b. Pulse : Pulse-to-period ratio: 1:2, 1:4, 1:8, 1:16, Pulse frequency : 50 Hz or 100 Hz Power output control within 0.1-3.0 W/cm²
- c. Mains supply : 198-252 V/50-60 Hz. 99-126 V/50-60 Hz
- d. Safety: Class I Type BF, in conformity with EN 60 601-1, ISO 9001, EN 46001

4. Infra-Red Lamp

- Floor stand model for IR radiation treatments.
- IR bulb of 150w fitted in metal casing with automatic cut off timer of 15 minutes.
- Adjustable arm permitting wide range of adjustments. Mounted on wide base with ball earing casters.

5. Electric stimulator/Vibrator

Specification

1. Digital meter output
2. Galvanic, intermittent galvanic, faradic, surge faradic
3. Pulse duration 0.01, 0.03, 0.1, 0.3, 1, 3, 10, 30, 100, 300
4. Pulse rest time 1-6 seconds continuously adjustable 100 msec.
5. Visual & audio indicator
6. Faradic frequency 50 Hz/0.7 msec.
7. Surge duration 1-6 sec. continuously adjustable.
8. Digital Timer
9. Accessories -Two rubber electrodes with leads
One Pin electrode with lead

6. Mechanical Exerciser

- Tubular steel construction
- Size 105cm long 68cm wide.
- The overhead bar to extend 90 cm beyond front portion of the frame. The unit having two stabilizing straps, two handles, two foot straps, ropes and pulleys.
- Chair with overhead pulley system which could be used for variety of exercises involving reciprocal motion for elbow, shoulder knees and hips, quadriceps and hamstring stretching and other resistive and assistive exercise.

7. Cervical & Lumber Traction.

Microprocessor controlled Traction system, with eight Traction Modes and operation through a large LCD display & Programmable Memory.

Traction Machine Features:-

- Traction Force: 90 Kgs. Maximum.
- Traction Modes: Intermittent, Static, Harmonic
- Traction Speed: Variable Traction Speed.
- Traction Memory: Stores 20 Treatment Patterns.
- Traction Safety: A Self-diagnosis functions. Checking of the system when high force is set above 18 kg. Automatic tension release when emergencies occur. Display of error contents and solutions.

Specification

- Traction Force: Hold 1.8 – 90 kg. Rest 0-89 kg.
- Hold-Rest Time: 1-99 sec. independently set.
- Treatment Time: 1-99 seconds to reach 90 kg.

- Zero Calibration : Automatic
- Safety Class: Class 1 Type BF, IEC 601.
Variable Height Traction Table (Indian)
- Electrically Operated, Three section Hi-Low Table, & mounted on four locking casters.
- Head End: With Nose Cut-out, and Adjusts from – 20 to +20 degree.
- Lumber Section: Friction free rolling lumber Section with adjustable Machine Mount top.
- Height: Electrically Adjusts from 55 cm – 100 cm.
- Accessories: Adjustable Flexion stool, Head-Halter, Pelvic & Thoracic belt set with Bar.

8. Traction Machine Features

- Trace force: 90kgs maximum
- Traction modes: Intermittent Static, Harmonic (eight) progressive, Regressive..
- Traction speed : Variable traction speed
- Traction Memory : Stores 20 treatment patterns
- Traction Safety: Checking of the system when high force is set above 18 kg. Automatic tension release when emergencies occur. Display of error contents and solutions.
- Traction Force: Hold 1.8-90kg. Rest 0-89kg
- Hold-Rest time : 1-99sec independently set
- Traction speed : 9-35 seconds to reach 90 kg
- Treatment time : 1-99 minutes
- Zero calibration : Automatic
- Safety class : Class 1 type BF, IEC 601

Variable Height Traction Table (Indian)

- Electrically operated, Three section Hi-Low table, and mounted on four locking casters
- Head End : With Nose cut-out and adjusts from 20 to 20 degree
- Lumber section : Friction free rolling lumber section with adjustable machine mount top
- Height : Electrically adjusts from 55cm-100cm
- Accessories : Adjustable flexion stool, Head-Halter, Pelvic and Thoracic belt set with bar

Traction set cervical (wall mounting)

75 mm long unit made out of MS tube of 70x20mm. Closed at both ends, welded with square wall plate having holes and J bolts for fitting in the wall. Two nylon pulleys fitted within pipe itself for friction free movement. Complete set with a simple to use Head Halter, Spreader bar, nylon cord and a set of 9 kg weights with hanger.

9. Static Bicycle

Ruggedly built tubular steel frame stands solidly on four rubber tipped properly balanced legs. Provided with adjustable standard cycle seat and specially designed adjustable handle. Fitted with one hard rubber tired cycle wheel and standard chain and sprocket for bicycle drive. Chrome plated wing nut, pressure rod and ball bearing resistance roller which permit controlled variation in ridding effort. Odometer showing speed and kilometer done. Oven baked finish with working parts finish with chrome plating.

- Quadriceps table with back rest (Imported type) with weights
- Static bicycle with speedometer handle & seat height adjustable.

Sliding Seat

Tubular frame with chrome plated finish. Specially designed foam padded seat is mounted on 4 big nylon castors and slides smoothly provided for resistive leg. And arm exercise.

Weighing Machine

0 to 120 kg weight : Set provides reciprocal, assistive and resistive exercise of the elbow and shoulder. Oven baked finish.

10.Parallel wall

- i. Length of the Parallel walking bar should be 3.75 metres,
- ii. Hand-rail made of chrome plated steel tubing 1.5" outer dia.
- iii. Outer uprights made of thick steel tubing (2" dia.)
- iv. Mounted on a wooden platform with rubber inclination settings.
- v. Height adjustable with rubber from 30" to 44"
- vi. Width adjustable from 15" and 25"
- vii. Adjustment should be easily done by means of setting pins at the required holes and can further be stabilizing by tightening the screws.
- viii. Should come with detachable polished teak wood abduction board covered with non-slip matting, which fits on the holes in the middle of the platform steel uprights and hand rails are painted.
- ix. Postural Mirror (With Stand)
 - a. Protected by 5cms wide hardwood frame with back covered by Ply board
 - b. Fitted with Angular and tubular stand
 - c. Frame mounted on 4 ball bearing castors

11. Shoulder Wheel

All steel constructed 100 cm dia wheel with calibrated sensitive resistance mechanism, resistance should be controllable from zero to maximum. The 360 degree scale enables degree of revolution to be read from either direction. Arc of motion can be varied. Fitted with attachment to raise or lower the wheel at the desired height for each patient.

Nautical cum Shoulder wheel: All steel construction. Overall dia 48". Fitted with 6" long 8 handles on a tubular circle of 36" dia. Mounted on bush bearing and fitted with calibrated sensitive resistance mechanism controllable from zero to maximum. Arc of motion can be varied from 25 m to 80 cm dia. Fitted with attachment to raise or lower the wheel as much as 50 cm. permits setting wheel at the desired height for each patient. Mounted on 3 hardwood wall boards oven backed finish, wooden parts finished natural.

Shoulder cum Elbow Cycle:

A exerciser that provides an upper body workout while seated in a comfortable position. The balanced front fly wheel to provide a smooth, fluid motion, Resistance should be user-adjustable. The padded, adjustable removable forehead rest minimize neck and shoulder strain. An electronic readout shown time.

Axial Shoulder Wheel: For shoulder and arm exercise. A wall mounting units having adjustable height and radius. The resistance can be increased by tightening the strap. Adjustment bars chrome plated and wall plates.

Shoulder Wheel (Wall Mounting)

All steel construction, tubular circle of 100 cm dia., mounted on bush bearing and fitted with calibrated sensitive resistance mechanism controllable from zero to maximum. The 360 degree scale, enables degree of revolution to be read from either direction. Arc of motion can be varied from 30cm to 80cm dia. Fitted with attachment to raise or lower the wheel as much as 50cm, permits setting wheel at the desired height for each patient. Mounted on 3 hardwood wall boards, oven baked finish, wooden parts finished natural.

12. Postpolio Exerciser

Exercise Chair: Tubular steel construction, size 105 cm long 68 cm wide. The overhead bar extends 90 cm beyond front portion of the frame. The unit having two stabilizing straps, two handles, two foot straps, ropes & pulleys. Finished in oven baked enamel. Chair with overhead pulley system to be used for variety of exercise, involving reciprocal motion for elbow, shoulder, knees and his quadriceps and hamstring stretching and other resistive and assistive exercise.

Multi-exercise Therapy Unit: Natural polished teakwood construction, suitable for exercise of all upper and lower limbs. Having of following attachments:

- i) Wall bar 240 cm high X 75 cm wide.
- ii) Detachable wrist rollers with side handle for supination and pronation exercises.
- iii) Removable rowing machine cum sliding seat.
- iv) Four handles, 12 pulleys, nylon rope and double set of locking weights, for pulley exercises.

13. Paraffin Wax Bath Unit

Internal wax tank made out of stainless steel sheet. The top having aluminum cover and the edges of the bath having laminated wooden rim, works on electricity 220-240V. Provided with special wax immersion type heater and thermostat to control temp. Externally finished oven baked Wax chamber size 50x35x25cm comes with six kg wax.

Paraffin Wax : Special quality with low melting point (52 degree C) for use in Paraffin Wax Bath.

14. A Inclined sending Unit: Consists of two wooden hinged planks. Upper plank's angle of inclination can be adjusted from horizontal to vertical position. Two pulleys are fitted at the top of 30 cm wide upper plank for reciprocal hand-shoulder exercise three sets of sanding hand blocks with different grasp hold are provided with the unit sanding blocks create resistance for exercises. Unit is finished in natural wood polish.

14. B Horizontal Sanding Unit: Wooden sanding top fitted on a tubular frame, having two cut-outs to accommodate two patients. One side fitted with bar to attach elastic straps for resistive exercises. Complete with two sanding blocks and four elastic straps. Size 46" X 30" X 30" high.

14. C Vertical Sanding Unit: With weight changer and blocks of different handle adjustment and comes with weight plates for angle adjustment and comes with weight plates for resistance. Comes with one sanding roller.

15. Pegs board/Perceptual Motor

Multi Shaped Peg Board

A. Square Peg Board (20pegs)

Square pegs are easier for the patient to handle but are slightly more difficult to place in holes. The laminated board having 25 holes of 30 mm square size and twenty, 150mm high square pegs to fit in. Wooden pegs are painted in four different colours.

B. Round peg board: It consists of and 10 X 12 in (25 cm X 20cm) board with round slots for peg insertion. The pages are 1: (2.5cm) diameter and sre 4: (10cm) long. They are painted in 5 different colors. This peg hole can be used easily even by a severely handicapped child.

The Multispeed peg board with five each of round, square and triangular pegs in different sizes and diameters. Pegs are finished in different colors.

C. Graded Square peg board (25 pegs) : For stimulating size and depth perception on advanced level. The 18X12" laminated board having 25 square pegs of 1 size. Five each graded in 5 heights. Five rows of each size. Each size painted in a different colour.

C. Cylindrical peg board: Confines the manipulative experience of a peg board with practice in color matching. 24 pegs and 24 cylinders are painted in multiples of four so that each color can be matched several times. Board is 9 X 15" (23 x 38 cm) ½ in (1cm) pegs fit inside 1¼ in (3cm) cylinders.

E. Peg Checkers: Study 17 in X 17 in (43cm X 43cm) wood checkers board users large pegs instead of standard checkers.

F. Pegs & Shapes : Manipulative for eye hand co-ordination and basic sorting skill. Laminated board of 35cm X 15cm size is fitted with 4 posts on which to fit 4 sets of laminated and smoothly painted geometrical shapes of 20 mm thickness. Comes with 4 each of circle, square, rectangular and triangle shapes.

G. Ten Pegs Board (100 Pegs) : Measures an individual basic level of function in the area of colour identification, movement of fingers hand and arm. The laminated board of 45cm square size have `100 holes, 10 in a line, to hold smoothly finished one hundred solid plastic pegs in 5 different bright colour.

Depth perception peg board set –

Stimulates depth perception and eye-hand coordination on two levels. Board of 30 cm. square and have 25 holes of 12 mm. dia. The board having 20 chromplated solid iron rod pegs to place in.

Pages and shapes (4 pegs and 4 shapes)

Manipulative for eye hand coordination and basis sorting skill. Laminated board of 30 cm square size is fitted with 4 S.S. rod pegs on which to fit 4 sets of laminated and smoothly painted geometric wall shapes of 25 mm thickness. With 4 each of circle, Square Rectangular and Triangle shapes

H. Five Pegs Board (25 pegs)

Laminated board 25cm square size having 25 holes, 5 in a line to hold 25 sold plastic pegs in five different colours

I. Multi-Shape Peg Board (Wall mounting)

Combines the manipulative experiences of a peg board with practice in hand eye coordination, improves shoulder ROM and assists the development of grasp strength and tolerance. The mathematical puzzle creates interest and provide learning opportunity creates interest and provide learning opportunity. 50mm thick and 150mm long, 10 Round and 10 square pegs are easy to hold and place

Magnetic Peg Board (Magic square) –

A therapeutic game to exercises grip hold, wrist and arm. The 30 cm x 30 cm. board fitted with nine magnets of different resistance values and comes with nine metallic pegs. Pegs to be numbered from one to nine for patients to play magic square game.

Pyramid Round

- By stacking different sizes of ten laminated round blocks of 25 mm thickness on 30 cm high strong metallic central peg a pyramid to be for formed. It developing size constancy, concept and sequential placement of decreasing size. Also to help in elbow and shoulder exercises

- Pyramid Square : 254mm (10") high wooden painted
- Pyramid Triangular : 254,, (10") high wooden, painted
- Pyramid Hexagonal: By stacking different size of ten laminated Hexagonal blocks of 20mm thickness on 30cm high strong metallic peg, a pyramid is formed, for developing size constancy, concept and sequential placement of decreasing size. Also helps in Elbow and shoulder exert.
- 1595 Pyramid Rhombus : 254mm (10") high wooden, painted
- 1572 Magnetic Peg board

A laminated board, fitted with 25 magnets of different resistance. 25 metal pegs are provided with different grip and finger holds

Magnetic Peg Board

A therapeutic game that exercises grip hold, wrist and arm. 30cm x 30cm board fitted with nine magnets of different resistance values and having nine metallic pegs. Pegs to be numbered from 1 to 9 patients to play magic square game.

16.C.P ball

Specification

1. Single colour, inflatable ,moulded, heavy duty vinyl ball can support upto 150 kg.
2. Available in dia 65cm, 75cm, 80cm.

17.CP chair adjustable

Specifications:

1.Adjustable CP Chair with tubular metal frame powder coated construction. Foam padded back surface and seat with adjusting belts to secure the child in place.

2.The arm supports are also adjustable in height. The foot rest is also adjustable in height. An adjustable, removable activity tray is provided

FEATURES :

- Adjustable arm supports
- Adjustable foot rest
- Adjustable and removeable activity tray
- Adjustable neck support
- Mounted on heavy duty castors with brakes to provide mobility as well as position the chair in one position.
- The chair can be converted into a standing frame by removing the seat and the foot rest.

18. ADL Training Board

ADL Training Unit

Door latch frame set

The frame set to provide learning opportunity and progressive development of dexterity. Having six laminated doors, opening in different direction. Each door to open into a shelf where a reward or toy can be kept. Common hardware of different designs, used to familiarize patient. Size of laminated unit 26"x18"x5" deep.

Electro equipment frame set

There different types of switches – Toggle, Piano and turn button to be wired to three colored pilot bulbs and a push button switch wired to a call bell. All the switches operate on 220 V.A.C. The unit is finished in a laminated box of size 15"x10"x5 approx.

19. Bicycle fret saw machine

1. In two parts fitted with cycle chain and sprocket arrangement.
2. Two nos. Cast iron heavy fly wheels.
3. Seat (side & back supported) height should be adjustable.
4. Adjustable seat distance from pedals.
5. Digital counter for pedal strokes.
6. Metal tubular frame work in 16 swg, stable during operation. Oven baked finish.

20. Band saw with machine

1. Wood cutting - 440 Amps, 6 HP

21 Medicine Ball

Ball Medicine, made out of fine leather, securely stitched with strong leather cord. In different weights i.e. 1 Kg., 2 Kg, 3 Kg, 4 Kg, & 5 kg.

22. Ladder Wall Mounted :

- Ideal for progressive range of shoulder motion.
- Made of polished teak wood having 30 numbered steps.
- Complete with wall fixing hardware.

23. Wrist Circumductor: Cast iron wheel of 12” diameter. Mounted on a Laminated wooden base 24” X 9”, having a small adjustable handle fitted to the wheel. A knob provided at the back of the wheel to control resistance from zero to maximum. Hollowed foam padded platform size 9” X 5” X 6” high fitted with two straps to hold arm, and fitted over the base in front of the wheel for wrist circumduction. Metal parts oven baked finish.

Rotary wrist machine (Wall mounting) :

Single grip unit with calibrated sensitive resistance control mechanism, fitted on a chrome plated height adjustable bar to suit different patients. Resistance can be increased or decreased for supination and pronation exercises. Range of motion can also be measured and recorded.

Wrist Circumduction:

Cast iron wheel of 12” diameter. Mounted on a laminated wooden base 24”x9”, having small adjustable handle fitted to the wheel. A knob provided at the back of the wheel to control resistance from zero to maximum. Hollowed foam padded platform size 9”x5”x6” high fitted with two straps to hold arm, and fitted over the base in front of the wheel for wrist circumduction. Metal parts oven baked finish and wooden parts finished natural.

24. Pronator & Supinator Exerciser: Bright laminated Six wooden discs & Six metal ring slide smoothly along colored wire maze, mounted on a laminated base. Convenient way to build range of motion, arm, wrist, hand and finger proficiency.

25. Tools Kit

Following 39 Nos. of Tools Each of 1 is required in 1 Set :- 1. PVC Sealer - 12 inch length, Teflon

loaded, Hand moving type

2. Bench Vice- 6 inches - jaw size

3. Bench Vice- 4 inches - jaw size

4. Screw driver 6 inches

5. Screw driver 12 inches

6. Flat metal aluminium file rough 12 inches

7. Flat metal aluminium file rough 10 inches

8. Flat file rough 6 inches

9. Centre punch 6 inches

10. Drift punch

11. Cutting plier 8 inches

12. Rivet cutter (lever type)

13. Steel role tape 12 inches

14. Cloth tape tailoring - 5 inches

15. Wooden mallet

16. Hack saw frame

17. Tally tool - rivet head farming tool

18. Scriber

19. File handle
20. Grip vice plier
21. Bending iron
22. Cloth tape - Signing tape
23. Scissors - 10 inches
24. Power hacksaw blade
25. Nail puller
26. Driver punches
27. Iron lost
28. Shoe horn
29. Oil stone
30. File wood-raft 12 inches
31. Hacksaw blade 18 Fpt
32. Hacksaw blade 24 Fpt
33. Hammer shoes (cobble hammer)
34. Drill bit straight shank 1/8 inch
35. Drill bit straight shank 5/32 inch
36. Drill bit straight shank 3/16 inch
37. Drill bit straight shank 1/4 inch
38. Drill bit straight shank 5/16 inch
39. Drill bit straight shank 3/8 inch

26. Theraband

1. Supports broader range of exercises – extension and eccentric.
2. Patented formula supports hot/cold therapy, ease of use and built-in recovery for optimal form
3. Economical and intuitive; ideal for home exercise
4. Progressive for clear measure of progress
5. Clean and professional

27. Activeband

1. Supports broader range of exercises – extension and eccentric.
2. Patented formula supports hot/cold therapy, ease of use and built-in recovery for optimal form
3. Economical and intuitive; ideal for home exercise
4. Progressive for clear measure of progress
5. Clean and professional.

28. HMS Computerized Interferential Therapy

Features: Both medium and low frequency currents 35 Pre-programmes condition wise with protocols, Cable and Electrode checking mode, User settable memory Light weight and compact design Easy to operate, Future upgrade without change in hardware DSP based circuitry, outputs are I 100% accuracy Large graphic LCD display, International Standard and specifications, Advanced patient safety system.

Specifications: Medium Frequency Alternating Current :

- Carrier Frequency: 2000 Hz/ 4000 Hz
- Bae FSFSFSFSFS: 0-150 Hz (1Hz step)
- Sweep Modulation Programs: 1 /1S, 1/5/1/5S,,6/6S

- Pole Vector 45, Two pole pre-modulated
- Output current: 0-100mA

29. T.E.N.S. (Four Channels)

- Shoulder Pain
- Low back Pain
- Knee Joints Pain
- Swelling
- Odema
- Sports Injuries
- Phantom Limb Syndrome
- Post-operative Pain
- Diabetic neuropathy
- Dental Procedure
- Adhesive Capsulitis
- Hemiplegia
- Para Plegia
- Non-united fracture healing procedure

Specifications

- Pulse frequency range : Variable 5 HZ to 120 HZ
- Pulse width duration range: Variable 50 μsec to 800 μsec
- Output mode : Continuous and Pulsed
- Timer: 0-15 minutes pre settable with inner time adjustable up to 99 minutes and auto cut off with beep sound.
- Dimension: L 29 cm X B 21 cm X H 9.5 cm
- Weight: 2.5 Kg

30. Traction Weight Set:

A set of replaceable slotted weights with carrier

- (a) IMI : 2760 for Cervical Traction 9 Kg set
- (b) IMP : 2762 for Pelvic/Lumber Traction 20kg set

31 Dumbbell: Solid steel dumbbells with chrome plated finish. A set having of 2 dumbbells of each weight i.e. 1 kg, 1.5 kg, 2 kg, 2.5 kg, 3 kg, 3.5 kg, 4 kg, 4.5 kg & 5 kg. the total weight of this set is 54 kg. having moves on two racks and hooks for organized storage of dumbbells