

## **GYROTONIC® Equipment Cleaning Suggestions**

### **Strategies for minimizing risk of virus transmission on hard, non-porous surfaces**

The following are CDC recommended cleaning protocols. These strategies are ideal for high touch, non-porous surfaces such as the vinyl bench covers on the Gyrotonic Cobra and Gyrotonic Cobra Elite, plastic handle knobs, metal rails and lacquered wood surfaces:

- Normal routine cleaning with soap and water removes germs and dirt from surfaces. It lowers the risk of spreading COVID-19 infection.
- Disinfectants kill germs on surfaces. By killing germs on a surface after cleaning, you can further lower the risk of spreading infection. The United States EPA provides a [list](#) of disinfectants approved for reducing the risk of exposure to COVID-19.

Thoroughly wiping down your hard/non-porous equipment surfaces with soap and water between each client fulfills CDC cleaning protocol. This is also the safest cleaning strategy for the longevity of your equipment.

Chemical based disinfectants like bleach and alcohol based solutions are also a CDC approved cleaning option, but it is important to be aware that these solutions will degrade vinyl and wood surfaces over time and can cause permanent damage to your equipment, especially if used on a regular basis.

There are many different disinfectant solutions available. Read solution labels to ensure the product you are using is safe for the material you are applying it to. If there is a question about whether or not a specific disinfectant product will be safe to apply to your equipment, please contact the manufacturer of the disinfectant for further information before applying.

### **Strategies for minimizing risk of virus transmission on porous surfaces**

Most cleaning solutions are designated effective for hard/non-porous surfaces. Cleaning solutions are not an ideal option for porous surfaces. For porous

surfaces such as foam handle grips, fabric bench top covers, and for unlacquered wood parts (Original equipment made by Juliu Horvath prior to 2000 has unlacquered wood parts and the handle knobs on the Balanced Body Pulley Tower Units sold from 2000-2005 are not lacquered.) it is advisable to use cleanable and/or removeable barriers to reduce risk of virus transmission.

An example of a removable barrier that may be used on bench tops, handle grips and unlacquered knobs would be towels that are switched out after each client.

Examples of cleanable barriers would be plastic wrap or yoga mats that can be wiped down after each client.

**Strategies for minimizing risk of virus transmission on fabric hand/foot straps:**

- wash hand/foot straps regularly and provide clean straps to each client.
- require clients to wear socks/ gloves
- require clients to purchase and use their own personal hand/foot straps