



ANKLE & FOOT PHYSICAL THERAPY TOOLS CHECKLIST

*Part of the My Restorative Physical Therapy Physical Therapy
Tools Check List Series*



The Top 5 Physical Therapy Tools to Help Keep Your Feet Happy!

Checklist built by Dr. Jennifer Prewitt, PT, DPT, OCS

1. Slantboard Calf Stretcher (Varying Prices Online). Decreased dorsiflexion (decreased calf flexibility) has been linked to increased risk of injury. A slantboard can help bring your calf stretching to another level!

2. Rubz Ball (\$5.99 online). This ball is highly effective at releasing restrictions through small, hard to reach areas. Try it out on the arch of your foot!

3. Theraband Resistance Set (\$13.58 online). Therabands are long, stretchy elastic bands with variable resistance that are useful to help strengthen and improve neuromuscular control throughout the body.

4. Superfeet (~\$50/ pair online or in stores). Green/ Lime Green. Just like our brains, our feet are really complicated. Rarely, have I found a pair of custom-made orthotics that are worth the cost compared to the ease/ accessibility of the classic Green Superfeet.

5. A Good Pair of Shoes! When it comes to happy feet, a comfortable pair of shoes is essential! Asics, Brooks, Mizuno, & Saucony are my go-to's for athletic shoes. If you want to learn more about how to select good shoes for yourself, watch the "**How to Shoe**" Video (Find at <https://myrestorativept.com/video-library>).

Prices Checked at Time of Writing. Links Available on Website.