



# KITCHEN CAPTAIN PHYSICAL THERAPY TOOLS CHECKLIST

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



## The Top 5 Physical Therapy Tools to Make Sure You are Master of the Kitchen & Not the Other Way Around!

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

**1. Relief Mat (\$39.99 online).** When it comes to standing on your feet for prolonged periods, what you are standing on makes a big difference for your comfort! Ideally, a mat should be placed in front of any surface that you spend a significant amount of time. This may mean that you have a mat in front of your stove, your sink, and wherever you like to prep your food!

**2. Knife Sharpener (\$5.99 online).** One of the best ways you can decrease injury in the kitchen is actually making sure that your knives are as sharp as they should be. If your knives are good, you don't have to muscle your cutting, slicing, and dicing and you decrease your injury risk.

**3. Electric Can Opener (\$17.95 online).** Cuts are the most common kitchen injury. Decrease your risk of getting cut by investing in a good electric can opener that takes your hands out of the equation completely!

**4. Jar Opener (\$6.89 online).** When it comes to hand pain, gripping in the kitchen can be a challenge. Save your hands by using a tool that helps you get better leverage!

**5. Shredder, Slicer, and Grinder (\$25.99 online).** My husband and I love homemade hash browns. This gadget was an answer to my prayers. My hands and arms are much happier for having this in my kitchen.

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